

express

LIPOSUCTION
Unwanted Fat Removed Permanently!
FREE Diet Management
FREE B12 Shots

Before **vita** After

LIPOSURGICAL GROUP
www.vitasurgical.com
202.452.1332 24th and I St.
Foggy Bottom
Metro
703.533.1025 Tyson's Corner
703.465.0666 Alexandria
301.738.6766 Bethesda
410.730.7226 Columbia/Baltimore

FALL SPECIAL
ENDS SOON!

A PUBLICATION OF **The Washington Post** | PLAN YOUR NIGHT AT WWW.EXPRESSNIGHTOUT.COM | OCTOBER 27, 2009 | >>**FREE**<<

Tuesday



Bob McDonnell leads Creigh Deeds in a new poll.

Front-Runner: Poll shows McDonnell up big in Va. | **16**

Pilots' Error: Laptop use blamed for overshoot flight | **3**



Dueling Duo: Michael and Michael discuss their issues | **30**

sports

Guarded Optimism: The return of Gilbert Arenas has the Wizards thinking big this season.



>> **17**

Public Option Makes the Cut

Reid: Senate legislation offers states the ability to opt out

WASHINGTON | Health care legislation heading for the Senate floor will give millions of Americans the option of purchasing government-run insurance coverage, Majority Leader Harry Reid announced Monday, although he stopped short of claiming the 60 votes needed to pass a plan steeped in controversy.

Reid, D-Nev., said individual states would have the choice of opting out of the program.

His announcement was cheered by liberal lawmakers, greeted less effusively by the White House and noted with a noncommittal response by Democratic moderates whose votes will be pivotal.

Sen. Olympia Snowe of Maine, the only Republican to vote with Democrats on health care so far this year, issued a statement saying she was "deeply disappointed" in the approach the Democratic leader had chosen.

Reid said, "While the public option is



Reid

not a silver bullet, I believe it's an important way to ensure competition and to level the playing field for patients with the insurance industry." He said a long-delayed Senate debate on President Obama's call for an overhaul of the health care system would begin as soon as the Congressional Budget Office completes a mandatory assessment of the bill's cost and impact on coverage. (AP)

Obama Vows Not to Rush Afghanistan Decision



CHIEF CONCERN: President Obama greets officers and sailors at Jacksonville Naval Air Station in Florida on Monday. Obama fired back at his critics, saying he would not "rush the solemn decision" about adding troops in Afghanistan. ♦ **Deadly Day:** Crashes kill 14 Americans in Afghanistan | **Page 10**

pollcenter

SHOULD D.C. RESIDENTS BE ALLOWED TO VOTE ON LEGALIZING GAY MARRIAGE? **A** YES **B** NO
VOTE AT EXPRESSNIGHTOUT.COM OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR MONDAY'S RESULTS, SEE PAGE 36

TUESDAY **60 | 51** WEDNESDAY **62 | 52**

eyeopeners

BREAKUPS
'He'll Get That Ring Over My Dead Body'

An Ohio man is surprised to have his high school ring back after 57 years. Joe Lepera, 75, had dated Sharon Coddington Gainer for two years in high school. At her wake, the woman's husband handed over the class ring that his wife had received from Lepera when the two were an item. (AP)



KIDNAPPINGS
Shoe Joyfully Reunited With Mate

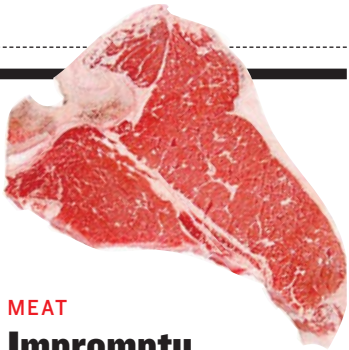
Police say a one-legged suspect was caught after only one shoe went missing in a Maldegem, Belgium, store on Monday. An amputee was an immediate suspect. Authorities quickly found the man, and the shoe was recovered. (AP)



ROBYN BECK/AP/GETTY IMAGES

TRIBUTES
'Cause This Is a Thriller, Thriller Sight

Thousands of participants came together to re-enact Michael Jackson's "Thriller" video in front of Los Angeles' Staples Center on Saturday. The effort was part of Thrill the World, in which groups around the world performed the song simultaneously in an effort to break the world record for the most "Thriller" participants. It's not yet known whether they surpassed the previous record of 13,597 dancers. (AP)



MEAT
Impromptu Tartare, Anyone?

Police say a truck loaded with beef overturned on the Massachusetts Turnpike, strewing meat along the highway by a toll plaza. Police say a truck carrying tomatoes was stopped at a cash-only lane when a car and two other trucks approached from behind. The last truck in line — the one carrying the beef — struck a third truck carrying plastic foam cups. (AP)

ACCESSORIES
'Do These Pythons Make Me Look Fat?'

A man has been arrested in Norway trying to smuggle two dozen snakes and geckos into the country by hiding them under his clothes. A customs agent said 14 royal pythons were duct-taped to the man's abdomen. The geckos were in boxes taped to his thighs. (AP)

The Volgenau School of Information Technology and Engineering

TECH

Learn Grow Advance

PROFESSIONAL DEVELOPMENT PROGRAMS

INFORMATION TECHNOLOGY	
Sun Certified Java Programmer	Oct. 28
Microsoft Certified Application Specialist	Nov. 2
Certified Hacking Forensic Investigator	Nov. 7
IT Foundations	Nov. 30
(A+/Network+/MCP/CCNA/Security+)	
Oracle 11g Database Administration	Dec. 7
MCITP: Windows Server 2008	Jan. 19
Web Designer and Developer	Jan. 30
QA Testing and more...	Feb. 1

NEW MEDICAL TECHNOLOGY

Medical Office Administration	Oct. 26
Electronic Medical Records	Nov. 7
Medical Billing and Coding	Nov. 9

For complete outline and schedule, visit our website at volgenau.gmu.edu/techadvance

Arlington, Herndon, and Loudoun

703-993-1551
advance@gmu.edu

BASIC JUDAISM for Jews and Non-Jews Alike

6 class dates: Tue 10/27, 11/3 & 11/10, Mon 11/16 & 11/23 & Thu 12/3

Instructor: Rabbi Bernice K. Weiss, author of *Converting to Judaism - Choosing to be Chosen: Personal Stories*

Class Fee: \$118 • Registration Fee: \$10

Register online at www.basic-judaism.org

600 I St. NW / Gallery Place Metro • Sixth & I Historic Synagogue

Email: bkweiss@comcast.net / 202-216-9839

Train to be a

MEDICAL ASSISTANT

Sanz
since 1939

Financial Aid If You Qualify
Job Placement Assistance
Days, Eve and Weekends

Convenient Locations in DC MD VA
1(888)626-1155

Certified in VA by SCHEV

Find your body type!

call 703-354-7336
DrBergWorkshop.com

BATHTUBS • TILE • COUNTER TOPS • SINKS

Bathtub Refinishing Special \$299

Tired of that old, color-dated bathroom? Don't replace... Refinish!

Our proven system can make your bathtub & tile look NEW again.

SAVE OVER 70% vs. the cost of replacement.

Renew-It USA
301.358.1262 DC/MD
703.894.2227 VA

Five Year Limited Warranty • FREE ESTIMATES

www.renewitusa.com

ALSO CULTURED MARBLE REFINISHING

合気道 AIKIDO

A Japanese martial art of self-defense & conflict resolution

Open House
Saturday, October 31

10 AM-12:30 PM **Free Class**
12:30 PM **Demo, Q&A, snacks**

Aikido Shobukan Dojo
421 Butternut Street NW Washington, DC 20012
202 829 4202 2 blocks from Takoma Metro
www.aikido-shobukan.org

GREAT RATES. PERSONAL SERVICE. NO EXTRA CHARGE.

Kevin Gallagher, Agent
Bus: 703-525-9500 Fax: 703-525-3427
www.bowtieguy.net

STATE FARM INSURANCE

State Farm Mutual Automobile Insurance Company
State Farm Indemnity Company
P040203 Bloomington, IL • statefarm.com® 05/05

In Brief

WASHINGTON
Sebelius Insists Swine Flu Vaccine Is Coming Soon

Health and Human Services Secretary Kathleen Sebelius said Monday the swine flu vaccine “is coming out



Sebelius

the door as fast as it comes off the production line.” But at the same time, she acknowledged delays in getting a sufficient supply. “We were relying on the manufacturers to give us their numbers, and as soon as we got numbers we put them out to the public. It does appear now that those numbers were overly rosy,” Sebelius said. She said, eventually, there will be enough vaccines “for everyone.” (AP)

WEST PALM BEACH, FLA.
Autopsy Concludes Madoff Friend Had a Heart Attack

A man accused of making more than \$7 billion off the investment schemes of jailed financial manager Bernard Madoff drowned after having a heart attack, authorities said Monday. Jeffrey Picower, 67, was found at about noon Sunday by his wife, Barbara, at the bottom of a pool at their oceanside mansion. The death has been ruled accidental. (AP)

Wayward Pilots Were on Laptops

Crew that flew past destination tell NTSB they were distracted

WASHINGTON | Two Northwest Airlines pilots have told federal investigators that they were going over schedules using their laptop computers in violation of company policy while their plane overflew their Minneapolis destination by 150 miles, the National Transportation Safety Board said Monday.

The pilots — Richard Cole of Salem, Ore., the first officer; and Timothy Cheney of Gig Harbor, Wash., the captain — said in interviews conducted over the weekend that they were not fatigued and didn't fall asleep, the board said in a statement.

Instead, Cole and Cheney told investigators that they both had their laptops out while the first officer instructed the captain on monthly flight crew scheduling. The pilots were out of communication with air traffic controllers

“This was a significant breach of aviation safety and aviation security.”

—JIM HALL
NTSB CHAIRMAN

and their airline for more than an hour.

“It's inexcusable,” said former NTSB Chairman Jim Hall. “I feel sorry for the individuals involved, but this was certainly not an innoc-

uous event — this was a significant breach of aviation safety and aviation security.”

The pilots acknowledged that while they were engaged in working on their laptops they weren't paying attention to radio traffic, messages from their airline or their cockpit instruments, the board said. That's contrary to one of the fundamentals of commercial piloting, which is to keep attention focused on monitoring messages from controllers and watching flight displays in the cockpit. (AP)

ELDORADO, TEXAS | JURY SELECTION BEGINS IN SECT TRIAL

HARRY CABLUCK/AP

CIVIC DUTY: Prospective jurors, including women from the Yearning for Zion Ranch, arrive for the first day of jury selection in the trial of Raymond Jessop on Monday. Jessop, 38, is charged with sexual assault of a child stemming from his alleged marriage to an underage girl. In all, 12 members of the Yearning for Zion sect have been charged with crimes.

Victim: Poisoning Not an Accident

BOSTON | One of six Harvard Medical School researchers who became ill after drinking coffee laced with a toxic chemical says he does not see how it could have been accidental.

Matteo Iannacone, a post-doctoral fellow, said Monday that he immediately noticed a “weird” taste when he took a sip of an espresso on Aug. 26. Within moments, he felt dizziness and a rapid heartbeat but says his symptoms cleared rapidly. Iannacone was informed last week that toxicology tests showed the coffee was laced with sodium azide. (AP)

Allergies?

Autumn is here.

Autumn brings colors like your red irritated eyes, brings falling leaves plus falling pollen, and brings haystacks as well as hay fever. Our physicians have the latest medicines, testing and treatment plans to help you feel better quickly, safely and easily all without those painful scratch tests.

Please accept our invitation to visit us and to make an appointment today.

T: 800.287.2829
MyAllergyCare.com

We participate with most health-plans

Allergy Care Centers
Care for All Seasons

Newspaper Circulation Declines

New data on dailies bring more bad news for troubled industry

NEW YORK | The decline in U.S. newspaper circulation is accelerating as the industry struggles with defections to the Internet and tumbling ad revenue.

Figures released Monday by the Audit Bureau of Circulations show that average daily circulation dropped 10.6 percent in the April-September period compared with the same six-month span in 2008. That was greater than the 7.1 percent decline in the period from October 2008 to March



Newspaper vendor Rick Gaub counts money as he waits for customers on Monday in San Francisco. The daily circulation of newspapers has declined rapidly this year.

25.8%

The decline in circulation at the San Francisco Chronicle from April to September, the worst decrease of any daily U.S. newspaper during that period.

2009 and the 4.6 percent drop in the April-to-September period of 2008.

As expected, the Wall Street Journal has surpassed USA Today as the top-selling newspaper in the United States. The Journal's average Monday-through-Friday circulation edged up 0.6 percent to 2.02 million — making it the only daily newspaper in the top 25 to see an increase. USA Today saw its worst

decline ever, dropping more than 17 percent to 1.90 million.

Newspaper sales have been declining since the early 1990s, but the drop has accelerated in recent years.

In many cases, people simply aren't buying print copies as much as they used to, given the abundance of free news on the Internet, often from the newspapers themselves. This has prompted newspapers to consider charging fees for Web access, but it could prove difficult to persuade people to pay for something they are used to getting for free.

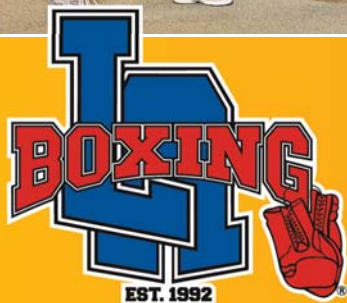
Newsday, a Long Island daily, said last week that it plans to start charging people who don't subscribe to its print edition \$5 per week for access to its Web site.

BARBARA ORTUTAY (AP)

BURN BABY BURN!

1 HOUR/1000 CALORIES

Call Now for
FREE CLASS



*The VERY BEST,
most authentic and
effective fitness
training possible.*

KICKBOXING

CARDIO FREE WEIGHTS • PROFESSIONAL RING

BOXING UNLIMITED CLASSES • PRIVATE TRAINING

The results of The LA Boxing Workout are proven to increase strength and cardio endurance – and to get you in the best shape of your life.

www.laboxing.com

GEORGETOWN
202-388-IBOX (4269)

ROCKVILLE
301-881-IBOX (4269)

ARLINGTON
703-525-IBOX(4269)

ALEXANDRIA
703-548-IBOX (4269)



ADOBE OPENS UP CULTURAL AND DIPLOMATIC AFFAIRS

Adobe helps government agencies open a dialogue with citizens and with other nations. See how the world works together and the many ways Adobe is helping agencies become more open and transparent, at adobe.com/opencv



Castro Sister: I Worked With CIA

Juanita Castro says she aided U.S. efforts against brother Fidel

MIAMI | One of Fidel Castro's sisters says in a memoir released Monday that she collaborated with the CIA against her brother, starting shortly after the United States' failed Bay of Pigs invasion of Cuba in 1961.

Juanita Castro, 76, initially

supported her brother's 1959 overthrow of the Batista dictatorship but quickly grew disillusioned. In a memoir published by Santillana USA, she says the wife of the Brazilian ambassador to Cuba persuaded her to meet a CIA officer during a trip to Mexico in 1961.

Castro said in the book, "My Brothers Fidel and Raul. The Secret Story," that she traveled to Mexico City under the pretense of visiting her younger sister Enma.



Juanita Castro says she helped the U.S. after a failed invasion of Cuba in 1961.

There she also secretly met a CIA officer who identified himself as "Enrique."

A CIA spokesman declined to comment on Castro's account.

Castro said that during the hotel meeting, she expressed her concerns that those who supported Batista's overthrow but were not communists were being pushed out of the new government. Castro writes she agreed to help the CIA gather information but refused to

accept money and said she wanted no part in any violence.

Castro fled Cuba in 1964, eventually settling into a quiet life in Miami.

Under President Richard Nixon, CIA officers told her they were no longer going to support the underground fight against Castro's brother because it negatively affected U.S.-Soviet relations. Castro said the CIA wanted her to start making statements that communism in Latin America was no longer a threat. At that point, she broke off her relationship with the agency. LAURA WIDES-MUNOZ (AP)



**PROJECT
65+
HEALTHY
LIVES**
**Investigational
Influenza Vaccine
Exclusively for
Seniors**

Enroll in this clinical study today...
If you are at least 65 years of age, you can volunteer to be part of a clinical research study to evaluate and investigational vaccine for the prevention of influenza—a serious viral infection that can lead to hospitalization and even death for thousands of seniors each year.
As a study participant, you will receive either an investigational influenza vaccine or an approved influenza vaccine.

For More Information, Contact:
Myron I. Murdock, MD, LLC
7235B Hanover Parkway
Greenbelt, MD 20770
301-474-1111, Ext. 303

Share the health...
Your participation may contribute to the development of a vaccine for seniors with the potential to offer greater protection against influenza.

**GW COLLEGE OF PROFESSIONAL STUDIES
IN ASSOCIATION WITH THE GW LAW SCHOOL**

PARALEGAL STUDIES

Be in demand.
Join one of the fastest growing, well-respected professions in America and be valued and compensated for your expertise.

Receive powerful credentials.
Earn a *Graduate Certificate* in 8 months, or continue and transfer all 18 credits to a coveted 32-credit *Master's Degree* in about 15.

Already have a certificate?
Apply for *Advanced Standing* and earn a prestigious *Master's Degree* in less than one year.

Gain college credit.
Receive actual *graduate credits* from an accredited, world renowned institution.

Attend convenient classes.
Meet two evenings a week in *downtown Washington, DC*.

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON DC

BRING US YOUR
AMBITION.
www.gwu.edu/gradinfo

Information Sessions

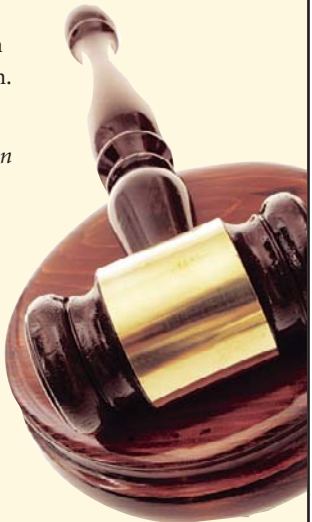
**Wednesday, Nov. 11
6:30 pm**
805 21st Street, NW #306
Washington, DC 20052

**Friday, Nov. 13
12:30 pm**
805 21st Street, NW #303
Washington, DC 20052

Metro: Blue or Orange Line
to Foggy Bottom-GWU

Rsvp Today!
202.973.1130
www.cps.gwu.edu

**Career Placement
Assistance**





WE'RE HERE TO MAKE A DIFFERENCE. JUST LIKE YOU.

At Kaiser Permanente, we serve our members and the communities where they live. We help create safe places for kids to run and play. We bring farmers markets to city streets. And we bring health care to those who otherwise wouldn't have any. Because we believe good health belongs to everyone.

As a federal employee, you can enjoy a unique approach to total health from an organization that values the community as much as you do.

Federal employees, get help choosing the right Kaiser Permanente health plan.
CALL 1-877-218-7738 for a FREE Health Plan Consultation (M-Th, 8 a.m.–8 p.m./F, 8 a.m.–5 p.m. ET)



Heifer International/Peru

Together we make a
**GLOBAL
IMPACT**
Real Needs. Real Results.

Support Global Impact and our charities
in your workplace giving campaign.

- Doctors Without Borders
- Planned Parenthood
- Lutheran World Relief
- Salvation Army World Service Office
- Children International

Go to **www.charity.org**
to learn about our charities

Nation

Kerry Says General's Plan Is Too Ambitious

Senator recommends modest boost to U.S. forces in Afghanistan

WASHINGTON | A war plan that asks President Obama to commit tens of thousands of additional U.S. forces to Afghanistan is too ambitious, a top Senate Democrat said Monday.

Sen. John Kerry, D-Mass., chairman of the Senate Foreign Relations Committee, praised commanding Gen. Stanley McChrystal but said his plan for adding troops in Afghanistan "goes too far, too fast."

Kerry's stance would aim for a modest increase in American forces, treading middle ground between Republicans who have said Obama would put soldiers and the country



Sen. John Kerry is speaking out against Gen. Stanley McChrystal's war plan.

at risk by rejecting McChrystal's larger request and antiwar Democrats who question whether the United States has already taken on too much in Afghanistan.

Obama is nearing a decision about whether to commit large numbers of additional troops to the war next year. ANNE GEARAN (AP)

The Cosmetic and Vein Clinics of Washington experience renewal

Laser and Radiofrequency Treatments of Spider and Varicose Vein Disorders, Laser Hair Removal, Skin Tightening, Anti-Aging Facials.

Offering patients state of the art, innovative treatments that address your every need. Vein treatments are often covered by most insurances.

Place your trust in the hands of a Cardiovascular Surgeon with over 30 years of experience, Dr. Samir Neimat has been honored as one of Washingtonian's "Top Doctors" for fourteen years.

VEINCLINICOFWASHINGTON.com
COSMETICCLINICOFWASHINGTON.com



301.270.8346

The Vein and Cosmetic
Clinics of Washington
5454 Wisconsin Avenue,
Suite 1040, Chevy Chase, MD

Schedule Your Free Vein
Screening and Receive
a Facial 50% Off
301-270-VEIN (8346)



Varicose or Spider Veins?

Complimentary Consultations

Get Treated Today...
Why Wait?



 **VAC**
Vein Care

VAC of DC
-(202) 824 - 0620
VAC of PG
-(301) 350 - 6009

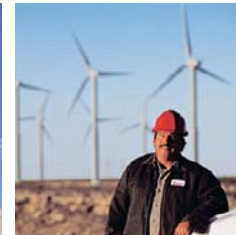
Call Today: *2 Locations!*

www.vacveincare.com

Medical Procedures Covered
by Most Insurances



America's Energy and Environmental Future is in Our Hands.



Right now, Congress is working to develop legislation to save energy, improve our energy security, and address climate change in the most cost-effective way. This can help create an estimated **1.7 MILLION JOBS** across the United States – **CLEAN ENERGY JOBS IN EVERY STATE IN OUR COUNTRY.**

Legislation is needed to secure our country's energy supply while capping and reducing greenhouse gas emissions through a robust, market-based approach. Climate change is real and the longer we delay taking prudent action, the higher the cost for future generations. Legislation is our best opportunity to get a low cost, effective national response this year.

It's an American solution to a global economic and environmental challenge. That's why leading business, labor, and environmental advocates have joined together to support critical national legislation. Working together, we can do it, and create more jobs while we do so.

We call on the Senate to pass clean energy legislation with a cap on greenhouse gas emissions this year.



This ad is paid for and/or supported by the aforementioned organizations

In Brief



Supporters of the Tunisian president celebrate his re-election on Monday.

TUNIS, TUNISIA

President Wins Fifth Term

President Zine El Abidine Ben Ali of Tunisia was re-elected for a fifth term with 89 percent of the vote — his weakest performance yet, but more than enough to show his solid grip on the nation. The results announced by the Interior Ministry on Monday from Sunday's voting reflect timid gestures toward Ben Ali's rivals in this year's race to lead Tunisia. (AP)

JERUSALEM

Report: Israel Withholds Water From Palestinians

Amnesty International is accusing Israel of pumping disproportionate amounts of drinking water from an aquifer it controls in the West Bank, depriving local Palestinians of their fair share. The London-based human rights group also said in a report to be released Tuesday that Israel has blocked infrastructure projects that would improve existing water supplies to Palestinians — both in the West Bank and those living in the Gaza Strip. (AP)

TEHRAN, IRAN

Official Suggests Iran May Ship Some Uranium Abroad

Iran hinted Monday it could agree to ship some low-enriched uranium abroad for processing as reactor fuel as the world awaited its reply on a U.N.-drafted nuclear plan. But Foreign Minister Manouchehr Mottaki also left open the possibility that Iran may snub the proposal and instead seek to buy the nuclear fuel it needs for a research reactor that makes medical isotopes. (AP)

Afghan Crashes Kill 14 Americans

Three DEA agents among those killed in helicopter accidents

KABUL | A U.S. military helicopter crashed Monday while returning from the scene of a firefight with suspected Taliban drug traffickers in western Afghanistan, killing 10 Americans, including three DEA agents, in a not-so-noticed war within a war.

Four more troops were killed when two helicopters collided over southern Afghanistan, making it the deadliest day for U.S. forces in this country in more than four years.

U.S. military officials insisted neither crash was thought to be a result of hostile fire, although the Taliban claimed they shot down a U.S. helicopter in the western province of Badghis. The U.S. did not say where in western Afghanistan its helicopter went down, and no other aircraft were reported missing.

The second crash took place when two U.S. Marine helicopters — a UH-1 and an AH-1 Cobra — collided in flight before sunrise over Helmand province, killing four American troops and wounding two more, Marine spokesman Maj. Bill Pelletier said.

The casualties marked the Drug Enforcement Administration's first

DRUG TRADE FLOURISHES

→ The crash came less than a week after a U.N. report found that the drug trade enables the Taliban to make more money now than when the group ruled Afghanistan before the 2001 U.S. invasion.

→ The DEA sent more agents to Afghanistan this year to take part in military operations against insurgents who smuggle drugs. (AP)

deaths since it began operations here in 2005. Afghanistan is the world's largest producer of opium — the raw ingredient in heroin — and the illicit drug trade is a major source of funding for insurgent groups.

The U.S. has decided to target production and distribution networks after programs to destroy poppy fields did little except turn farmers against the American-led NATO mission.

NATO said the helicopter with the DEA agents aboard was returning from a joint operation that targeted a compound used by insurgents involved in "narcotics trafficking in western Afghanistan."

"During the operation, insurgent forces engaged the joint force and more than a dozen enemy fighters were killed in the ensuing firefight," a NATO statement said.

HEIDI VOGT AND ROBERT H. REID (AP)



Mourners on Monday carry the coffin of a person who was killed in Sunday's twin suicide truck bombings in Baghdad, Iraq.

Baghdad Blasts Spark Anger, Grief

Iraqis decry security lapses that allowed bombers to kill 155

BAGHDAD | Iraqis vented anger Monday at a major security lapse that allowed two suicide truck bombers to penetrate what was sup-

posed to be one of Baghdad's safest areas, killing 155 people, including 24 children on a bus leaving a day-care center next to one of the government ministries targeted.

Sunday's twin suicide blasts in the heart of the capital struck the Justice Ministry and the Baghdad Provincial Administration,

the worst attacks in more than two years. They raised fears about Iraq's ability to protect itself as it prepares for January elections and the U.S. military withdrawal.

The children who were killed were on a bus leaving a day-care center near the Justice Ministry when the attack occurred, said an

official at the hospital where the bodies were brought. The official spoke on condition of anonymity.

Baghdad's top security officials brought reinforcements to guard government institutions Monday and blocked streets around the capital, acting on intelligence suggesting such buildings could be the militants' next target, said

“This explosion made people furious. People will not re-elect this government.”

— AHMED HASSAN, IRAQI MINISTRY OF EDUCATION EMPLOYEE

Maj. Gen. Qassim al-Moussawi, a spokesman for the city's operations command center.

But those measures seemed insufficient to many angry Iraqis who question the ability of Prime Minister Nouri al-Maliki's government to keep the country secure.

"Al-Maliki is always on TV bragging that the situation is stable and security restored," said Ahmed Mahmoud at Baghdad's Yarmouk hospital after he found the remains of his brother. "Let him come and see this mass destruction." BARBARA SURK AND HAMID AHMED (AP)

Help Yourself by Helping Others

Train for a Career in the Medical Field in as few as 7 months!

Your training options include

MEDICAL ASSISTING

MEDICAL OFFICE ADMINISTRATION

MEDICAL BILLING & CODING

PHLEBOTOMY

Ask about our Diploma
& Degree Offerings



Financial Aid if you qualify
Day, Evening & Weekend Training
Career Placement Assistance
Convenient DC, MD & VA Campuses



Accredited
by COE

1 (877) 314-0606

www.sanz.edu



Programs and schedules may vary by campus



State Council of
Higher Education
for Virginia

MAKE NATIONAL SECURITY YOUR CAREER.



The Department of Defense relies on the Defense Security Service (DSS) to clear the facilities, people and systems used to keep our nation safe.

The men and women of our organization keep the nation's most sensitive information secure, and you can help support our mission in one of five key positions:

- **Counterintelligence (CI) Professionals.** Keep sensitive and classified information and technologies out of the hands of our nation's adversaries.
- **Foreign Ownership, Control or Influence (FOCI) Professionals.** Identify, record and analyze foreign investments in U.S. companies.
- **Industrial Security Representatives (ISR).** Determine the ability of companies to protect classified information.
- **Information System Security Professionals (ISSP).** Play a major role in identifying potential threats and intrusions on Information Technology (IT) systems by our adversaries.
- **Information Technology (IT) Professionals.** Plan, program and manage activities associated with the development and implementation of DSS Enterprise Systems.

To find out more about a career at DSS and request an invitation to our hiring event, visit www.DefenseSecurityServiceJobs.com

DSS WASHINGTON D.C. CAREER INVITATIONAL

November 13 & 14
8:00am – 6:00pm
Alexandria, VA



Defense Security Service is an Equal Opportunity Employer.



World

Disgraced S. Korean Scientist Avoids Jail

Court gives stem-cell researcher two-year suspended sentence

SEOUL, SOUTH KOREA | A South Korean stem-cell scientist once hailed as a hero for bringing hope to people with incurable diseases and creating the world's first cloned dog was convicted Monday on criminal charges related to faked research but avoided jail.

The Seoul Central District Court sentenced Hwang Woo-suk to two years in prison for embezzling research funds and illegally buying human eggs. However, it suspended the penalty, allowing him to stay free if he breaks no laws for three years.

Prosecutors had asked for four years in prison, but Judge Bae



Reporters surround stem-cell scientist Hwang Woo-suk in Seoul on Monday.

Ki-yeol said Hwang had shown remorse and had notable achievements in dog cloning.

Hwang, 56, made no comment as he left the courthouse. His lawyer, Yoo Chul-min, suggested in an interview with the YTN television network that he would not appeal. HYUNG-JIN KIM (AP)

CFC Organizations:

If your ad were here, it could be seen today by tens of thousands of federal employees.

If your organization receives donations from Combined Federal Campaign donors, make your appeal in Express.

Every week, one-third of federal workers in the area ride Metro, the primary distribution point of Express.

That means your lifeblood is riding, reading, and waiting to read your message right here before they make their CFC pledge.

Call Kathryn Whitener at 202-334-6171
or Adam Bodenmiller at 202-334-4532
to place your message in Express.

express

A publication of The Washington Post

Pakistan Arrests 11 Iranian Guards

Security officers are detained as tensions rise over Iran attack

QUETTA, PAKISTAN | Pakistan arrested 11 Iranians Monday near the countries' border amid tensions over a deadly suicide attack in Iran that Tehran alleges has links to Pakistani intelligence officials.

Authorities first said the 11 were members of Iran's elite Revolu-

tionary Guards, but then reversed course and identified them only as security officers. They were arrested after shooting out the tires of a car carrying smugglers, Pakistan authorities said.

The arrests could add to the strain between the two volatile nations triggered by the Oct. 18 attack on the Iranian side of the border. They came a day after the Pakistani president met Iran's interior minister and vowed to find the perpetrators of the blast.

Pakistan has been accused of supporting militant activities in two other neighboring countries, Afghanistan and India, greatly complicating relations with both of them. Strains in its relationship with another regional power would only add to Pakistan's problems as it battles al-Qaeda and the Taliban within its borders.

One Pakistani official later said three senior officers among the detainees probably belonged to Iran's powerful Revolution-

ary Guard.

Iran's Press TV carried what it described as a statement from the guard condemning the arrests but saying that the 11 were not its members. The report cited "informed" sources as saying the arrested men were "border guards hunting fuel smugglers [who] accidentally entered Pakistan."

In an attempt to boost security in the region, Iran put the Revolutionary Guard directly in control of Sistan-Baluchistan province in April. Its officers typically take the lead in any operations on Iran's border. ABDUL SATTAR (AP)

MALAYSIA | HOT FEAT



PAINFUL RITUAL: Malaysian ethnic Chinese walk barefoot over burning coals as part of a festival in Kuala Lumpur, Malaysia, Monday.

GW ARLINGTON AND ALEXANDRIA CENTERS

GRADUATE PROGRAMS IN ENGINEERING MANAGEMENT & SYSTEMS ENGINEERING

Focus on your interests with a Master's Degree or Graduate Certificate in:

- Engineering & Technology Management
- Systems Engineering

Combine technology with management. Our evening classes will advance your career and expand your horizons.

Information Sessions

**Thursday, Oct. 29
6:30 pm**

**Thursday, Nov. 19
6:30 pm**

GW Arlington Center
3601 Wilson Blvd., Ste. 400
Arlington, VA

Rsvp Today!
202.973.1130

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON DC

BRING US YOUR
AMBITION.

www.gwu.edu/gradinfo



Love your neighbor.

It really is that simple.



We are all struggling—but some will not recover without a hand up. Catholic Charities is there every day, doors open and arms out. We help people stay in their homes, find employment, gain access to health care and so much more. Last year, more than 124,000 people benefitted from our services. All of this is possible only with your support.

**Combined Federal
Campaign #83997**

United Way #8054

 **Catholic Charities**
Archdiocese of Washington

924 G Street NW, Washington, DC 20001 (202) 772-4331 www.CatholicCharitiesDC.org

Karadzic Boycotts His Own Trial

Former Bosnian Serb leader forces one-day delay in proceedings

THE HAGUE, NETHERLANDS | His chair was empty; his headphones lay idle on the desk. In Courtroom One at the Yugoslav war crimes tribunal, outraged survivors of Bosnia's bloody war gasped in disbelief Monday as judges adjourned the opening day of Radovan Karadzic's trial after just 15 minutes.

The former Bosnian Serb leader boycotted his war crimes trial, claiming he did not have enough time to prepare his defense — even though he was indicted in 1995



Women protest against former Bosnian Serb leader Radovan Karadzic at The Hague in the Netherlands. Karadzic's trial Monday was adjourned after 15 minutes.

and had known he would be tried since being captured in Belgrade more than 15 months ago.

The tactic forced a one-day delay in the trial and showed that the former psychiatrist was ready for a battle of wills with the U.N. war crimes tribunal. Judges adjourned Monday's hearing but declared that the trial will begin Tuesday "with or without" Karadzic.

Karadzic, 64, is charged with two counts of genocide, and nine more of war crimes and crimes against humanity. Prosecutors allege he masterminded Serb atrocities in Bosnia's 1992-1995 war.

The tribunal is anxious to avoid the debacle that ensued when it

MASTER OF DISGUISE

Karadzic was on the run for 13 years until his arrest in July 2008 on a bus in Belgrade.

→ **KARADZIC** had been posing as New Age healer Dr. Dragan Dabic, disguised by thick glasses, a long beard and gray hair.

→ He had been working at an alternative medicine clinic in Belgrade, Serbian authorities said. (EXPRESS)



tried former Yugoslav president Slobodan Milosevic, who dragged his trial out for more than four years by refusing to cooperate with court-appointed lawyers. That trial was finally scrapped without a verdict after Milosevic died of a heart attack in 2006. MIKE CORDER (AP)

When I visit my doctor, I Ask For The Test.

It's not just for me. It's because my fiancé and I have a bright future ahead of us.

To find out more about getting an HIV test, visit your doctor.
You can also call 311,
go to www.DCTakesOnHIV.com, or text "DCTEST" to 365247.

Elisa and Jamil on a picnic in Fort DuPont Park.

Government of the District of Columbia
Adrian M. Fenty, Mayor

GOVERNMENT OF THE DISTRICT OF COLUMBIA
DOH
DEPARTMENT OF HEALTH
Promote. Prevent. Protect.

Local

Gay Marriage Vote Sought

D.C. elections board hears testimony on proposed referendum

Dozens of residents and religious leaders pleaded with the D.C. Board of Elections and Ethics on Monday to allow them the opportunity to vote on whether the city should legalize same-sex marriage, equating their demand with the city's drive for voting rights.

"Everybody wins when everybody votes," said Corinthia Boone of Northeast.

The elections board held a day of testimony on a request by the group Stand4MarriageDC to put an initiative on the ballot next year stating that "only marriage between a man and a woman is valid and recognized in the District of Columbia."

The proposed referendum comes as the D.C. Council is con-



Michael Sindram, right, testifies before the D.C. Board of Elections and Ethics. He's among dozens of gay marriage opponents seeking a referendum on the legislation.

sidering a bill to legalize same-sex marriage. The Committee on Public Safety and Judiciary held a hearing on that bill later Monday, and a final vote is expected before Christmas.

The elections board has to decide whether the proposed ini-

tiative would violate the rights of the city's gay and lesbian residents. D.C. law prohibits a vote on a matter covered by the 1977 Human Rights Act, which outlaws discrimination against gays and lesbians and other minority groups. TIM CRAIG (THE WASHINGTON POST)



MEMORIALS Full Speed Ahead The National Capital Planning Commission on Monday gave final approval to the security element of Washington's Martin Luther King Jr. Memorial, clearing the way for construction to begin. Construction had been held up for months over disagreements about the level of security required at the site. (TWP)

ALCOHOLISM RUINS LIVES...

...and not just the alcoholic's. If you or someone you know needs help, here's an option: The National Institute on Alcohol Abuse and Alcoholism conducts research studies into alcohol and its effects. Qualified subjects who participate in research will receive in-patient treatment at no charge. For information, please call

301-496-1993

Deaf or hard of hearing?

Use your state relay service to call.

NIAAA
National Institutes of Health
Dept. of Health & Human Services

SB SPINA BIFIDA ASSOCIATION

Volkswagen® Beetle Convertible

RAFFLE



"...unique and inexpensive to own."
— Car and Driver Magazine

Maximize your driving pleasure with a chance to win a fun and unique vehicle that's easy on the wallet and the eyes. Or choose the prize cash option of \$28,050!

Take a chance at \$75 a ticket or \$130 for 2 tickets.

With odds of 1 in 2500, your chances have never been better!

www.spinabifidaassociation.org

Rules and regulations available online.

MEGA MILLIONS

DRAWINGS TUESDAY AND FRIDAY

\$28 MILLION

Estimated Annuitized Jackpot

Play at
your favorite
Maryland or Virginia
Lottery retailer.

Top Prize Chances: 1 in 176 Million
www.mdlottery.com • www.valottery.com

expressnightout.com



Anxious and Depressed?

Consider participation in a research study

1-877-MIND-NIH

(1-877-646-3644)

email: moodresearch@mail.nih.gov

If you (or someone you know) have been diagnosed with major depression and have anxiety symptoms, you may be able to participate in an NIMH research study that seeks to decrease symptoms of depression and understand the causes of anxious depression. Anxiety symptoms may include tension, worry, apprehension, restlessness, or loss of appetite.

This study evaluates the effectiveness and safety of the study drug AZD2327, in the treatment of major depression and anxiety symptoms. This drug has a different mechanism of action from commonly used SSRI's (selective serotonin reuptake inhibitors) for anxiety and depression. *There is the chance of receiving placebo in this study.*

After study completion, NIMH will provide short-term follow-up care, and then you will return to the care of your own provider.

(TTY: 1-866-411-1010)
<http://patientinfo.nimh.nih.gov>
www.clinicaltrials.gov

Participants should:

- ♦ Be ages 18-65
- ♦ Be diagnosed with major depression and have anxiety symptoms.
- ♦ Be able to participate in a 12 week-outpatient study including an inpatient stay of 7 days in Bethesda, MD.

In addition, all research participation is without cost.

- ♦ Monetary compensation for procedures.
- ♦ Transportation reimbursement provided.

Atendemos pacientes de habla hispana.



The National Institute of Mental Health **NIMH**

The National Institutes of Health, Department of Health & Human Services

National Institute of Mental Health

Protocol # 08-M-0196

Healthy Adult Volunteers Needed

The National Institute of Mental Health is conducting a study of mild stress and memory. Participants will be interviewed and will complete a series of tasks during which physiological functioning will be recorded. Volunteers must:

- Be between the ages of 18-45
- Be medically healthy
- Not be taking medications

Financial compensation will be provided for participation.

Call: 1-800-411-1222

(TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov> or for other studies: www.clinicaltrials.gov

02-M-0003



National Institute of Mental Health **NIMH**

National Institutes of Health, Department of Health & Human Services

National Institute of Mental Health

Local



Republican Bob McDonnell has rebounded from voters' reaction to his 1989 graduate school thesis to take a double-digit lead in the race for Virginia governor recently.

McDonnell Leads Deeds in Post Poll

GOP gubernatorial hopeful widens gap in final campaign week

Republican Bob McDonnell carries a double-digit lead over Democrat R. Creigh Deeds into the final week of the campaign for Virginia governor, according to a new Washington Post poll.

The Republican, briefly buffeted in the polls by voters' initial reaction to the publication of his 1989 graduate school thesis, has rebounded to big advantages on the top issues, particularly taxes, and is now seen as the more effective leader, more honest and more empathetic.

tive leader, more honest and more empathetic.

McDonnell is also buoyed by support outside of Northern Virginia, where he is currently outperforming all other top-of-the-ticket Republican candidates this decade. Statewide, McDonnell now leads Deeds among likely voters by a 55 to 44 percent margin.

McDonnell, who narrowly defeated Deeds in the race for attorney general four years ago, has been above 50 percent in all four Post polls in the campaign.

JON COHEN AND ROSALIND S. HELDERMAN
(THE WASHINGTON POST)

The Lotteries

Monday, Oct. 26

DISTRICT

Mid-day Lucky Numbers	2-2-9
Evening Lucky Numbers (Sun.)	2-8-6
Mid-day DC 4	9-6-7-1
Evening DC 4 (Sun.)	4-6-7-2
Mid-day D.C. Five	5-0-7-1-8
Evening D.C. Five (Sun.)	7-9-6-4-5
Daily 6 (Sun.)	3-18-19-21-33-37 (30)

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

MARYLAND

Mid-day Pick 3	6-1-1
Evening Pick 3 (Sun.)	7-8-2
Mid-day Pick 4	8-8-2-5
Evening Pick 4 (Sun.)	8-6-6-2
Match 5 (Sun.)	4-17-28-32-33 (16)

VIRGINIA

Mid-day Pick 3	9-0-1
Evening Pick 3 (Sun.)	2-0-7
Mid-day Pick 4	7-3-0-8
Evening Pick 4 (Sun.)	0-9-0-4
Mid-day Cash 5 (Sun.)	6-9-25-26-30
Evening Cash 5 (Sun.)	1-11-12-29-30

GIL'S ANATOMY

Just as the Wizards have built their team around Gilbert Arenas — knee injuries and all — we, too, use the star as our starting point for a season preview.

MUSCLE MEN:

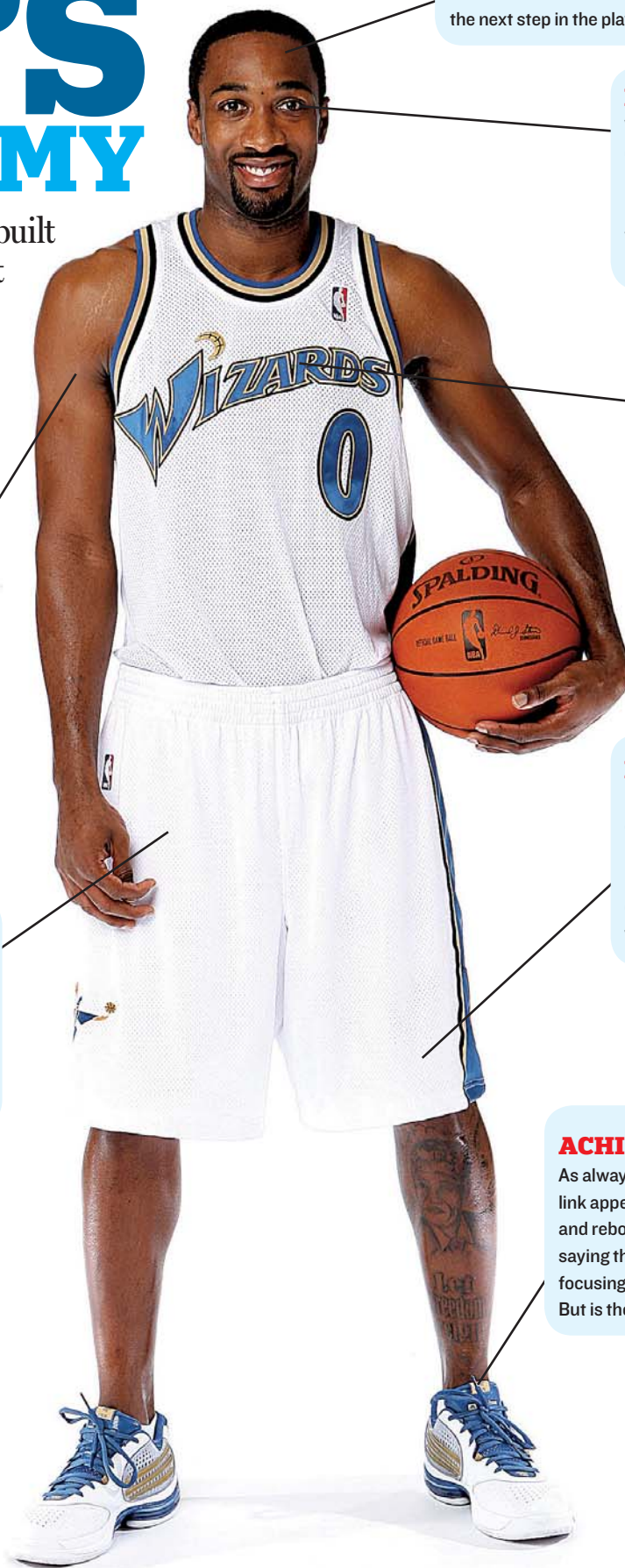
Brendan Haywood's return and the addition of Fabricio Oberto should add strength inside. Improvement from fellow center JaVale McGee wouldn't hurt either.

HIP ENOUGH?

With an aging roster around them, third-year guard Nick Young and fifth-year forward Andray Blatche need to prove they've learned what it takes to contribute in every game.

ON THE REBOUND:

Gilbert Arenas' health is a big key to rebounding from a franchise-worst 19-win season. But perhaps looming larger is whether Arenas and new coach Flip Saunders can develop a level of rapport that was lacking between the star and former head coach Eddie Jordan.



BRAIN TRUST:

On the first day of training camp, new coach Flip Saunders brought in a hypnotist. His fresh take may be just what the Wizards need to take the next step in the playoffs.

KEEP AN EYE ON:

Wizards President Ernie Grunfeld bet Mike Miller and Randy Foye would contribute more than the top-5 pick the team traded to acquire them. Now the pressure is on both.

HEARTBREAKERS:

Caron Butler and Antawn Jamison are top-notch leaders, making their injury problems all the more devastating. Jamison is out three to five weeks with a hurt shoulder.

KNEE-DEEP:

For all the talk about what's coming out of Gilbert Arenas' mouth (not much), it's his knee that will be key. If it gives out again, there isn't a backup who can step in to save the day.

ACHILLES' HEEL:

As always, Washington's weak link appears to be its defense and rebounding. The team is saying the right things about focusing on the fundamentals. But is the talk just that?

Wiz Have A Healthy Prognosis

If Washington avoids injury bug, it should contend this season

WIZARDS | The Washington Wizards figure they'll be among the best teams in the NBA's Eastern Conference this season, so long as Gilbert Arenas is healthy.

And assuming Antawn Jamison puts his preseason shoulder problem behind him after his return. And if yet another All-Star of the past, Caron Butler, avoids late-season injuries. Oh, right, and if Brendan Haywood and DeShawn Stevenson are fully recovered from their own health problems.



Saunders

Yes, the Wizards are certain — if they have everyone available, for a change — that they will quickly turn things around under new head coach Flip Saunders and show that last season's 19-63 debacle was an aberration.

"If we stay healthy," Saunders said, uttering a phrase that's become a mantra for the Wizards, "we should be able to compete in the East for an elite spot."

It all starts with Arenas. The high-scoring, buzzer-beating point guard was already a three-time All-Star when his knee problems began in 2007. He's played 15 games while undergoing three surgeries in the 1½ years since.

Eager to re-establish himself, he worked this summer with renowned trainer Tim Grover, dropping weight and gaining strength, and has shown flashes of his old self in exhibition games.

"He's trying to get his rhythm," Saunders said. "He's starting to feel more comfortable every time he steps on the floor." (AP)

BOTOX \$199

Guaranteed Results



**Laser Hair Removal
Upper Lip/Chin \$45**
Restylane \$350
Threadlift
Radiesse & Sculptura
**All procedures performed
by a Physician**

202.452.1332 24th and I St.,
Foggy Bottom Metro
703.533.1025 Tyson's Corner
703.465.0666 Alexandria
301.738.6766 Bethesda
410.730.7226 Columbia/Baltimore

**FALL
SPECIAL
ENDS
SOON!**



vita
SURGICAL GROUP
www.vitasurgical.com

\$299/Eye Any Prescription Lasik!

CUSTOMIZED LASIK*

20/20 Guaranteed or Money Back*



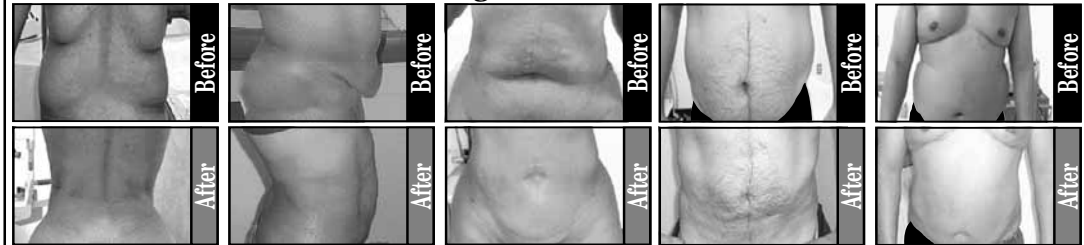
- No Incision/Cut and No Flap Lasik
- One Eye or Both Eyes At A Time
- Safe & Comfortable
- Quick & Immediate Recovery
- FDA Approved
- Visx & Bausch & Lomb Lasers
- Night and Weekend Hour Available
- 0 Down 0 Interest 100% financing
- Guaranteed Financing and Payment Plans
- Return to Work Next Day
- Insurance

DC EYE SURGEONS
202.464.5216 • 24th and I St., Foggy Bottom Metro
301.738.0339 • BETHESDA
703.533.0025 • TYSON'S CORNER
410.730.2215 • COLUMBIA/BALTIMORE
www.anyrxlasik.com

LIPOSUCTION

Unwanted Fat Removed Permanently!

0 Down 0 Interest 100% Financing • IMAGINE WHAT WE CAN DO FOR YOU!



Free Diet Management & B12 Shots • Comfortable & Quick Recovery • Lipotecture for Neck & Legs • Mini-Liposuction for Chin, Arms, Abs, Inner Thighs, Knees, Saddle Bags & Lovehandles
• Mega-Liposuction for Abdomen, Lovehandles, Thighs & Buttocks • Local Anesthesia or I.V. Sedation or General • Guaranteed Financing and Payment Plans Available

202.452.1332 24th & I St., NW (Foggy Bottom Metro) 301.738.6766 Bethesda
703.533.1025 Tyson's Corner 410.730.7226 Columbia/Baltimore
703.465.0666 Alexandria Gift Certificates

DC • FAIRFAX • TYSONS CORNER • ALEXANDRIA • COLUMBIA • BALTIMORE

Kaplan. MBAs start here.

More people get into business school with a Kaplan GMAT course than with any other major course*:

Most personalized prep

More course options including score-qualified Advanced and 1-on-1 Tutoring, all with Smart Reports™ prescriptive technology giving you exactly the prep you need

Unmatched expertise

Only Kaplan has the Ultimate Practice Test, an opportunity to take a practice GMAT at the actual Pearson/GMAT testing center

Guaranteed results


Only Kaplan provides a readiness, satisfaction, and money-back guarantee†

Free GMAT Preview Class

Thursday, October 29th 6:30 p.m.
1990 M Street NW (near Dupont Circle)

1-800-KAP-TEST


kaptest.com/gmat



KAPLAN TEST PREP AND ADMISSIONS

*GMAT is a registered trademark of the Graduate Management Admission Council®. Kaplan materials do not contain actual GMAT items and are neither endorsed by nor affiliated in any way with GMAC.†People refers to adults who took the GMAT and a course to prepare for it, were accepted into business school and participated in the survey. The Harris Interactive™ online study for Kaplan was conducted between December 6th and 21st, 2007 among 196 US adults who applied to and were admitted into business school, of whom 181 took the GMAT and a course to prepare for it.
†Conditions and restrictions apply. For complete guarantee eligibility requirements, visit kaptest.com/hsg.

Drive you. "Cars" can put you in the right wheels. **Wednesdays.**



express
A publication of The Washington Post

XX170 3x.5

Sports

Phillies SS Jimmy Rollins, left, batting coach Milt Thompson and manager Charlie Manuel laugh at practice Sunday. The World Series begins Wednesday in New York.

Phillies Dismiss Yankee Mystique

Defending champions not intimidated by tradition of excellence

WORLD SERIES | Now the Philadelphia Phillies can say it: The defending champs wanted the New York Yankees all along.

Beating the Tampa Bay Rays in last year's World Series was nice. Facing the Los Angeles Angels this week would've been fine. But nothing could top defeating the Yankees, baseball's gold standard for excellence.

"People want to talk about the money they give out," Phillies manager Charlie Manuel said Monday, referring to New York's \$200-million-plus payroll. "But the Yankees have 26 banners flying over their stadium, and they got those for a reason, because they want to win. When you beat them, there's a lot of satisfaction there."

The hard part is beating them. The Yankees have a rich history of winning, and they'll be seeking their 27th title when the World Series begins Wednesday night in New York. The Phillies are going for just their third championship in the franchise's 127-year history.

Is there extra motivation playing the Yankees? Do today's players care about the Yankee tradition?

"There's definitely a special mystique when you walk into Yankee Stadium, new or old," All-Star outfielder Jayson Werth said. "It's the cathedral of baseball. It's Yankee Stadium. There might be a little motivation." **ROB MAADDI (AP)**

TODAY'S TV LINEUP

WIZARDS (8:30 P.M. ON CSN) Washington tips off its season against Dirk Nowitzki and the Dallas Mavericks.

CAPITALS (7 P.M. ON VERSUS) The Capitals take a four-game winning streak into a home game against the Philadelphia Flyers.

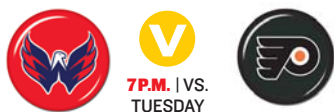
MORE NBA (7:30 P.M. AND 10:30 P.M. ON TNT) Boston's Fab Four team up against the new-look Cavaliers, who feature Shaquille O'Neal at center.

COLLEGE FOOTBALL (8 P.M. ON ESPN2) Memphis hosts East Carolina in a football game for those who choose to ignore the NBA's opening day.

Capitals Grind Out Early Victories

Despite sluggish play, Washington sits atop Southeast Division

CAPITALS | There were no regrets for Washington Capitals forward Mike Knuble as he recounted the team's 3-2 overtime victory Saturday night.



The New York Islanders — owners of just one win this season — had given the Capitals a workout.



Free-agent acquisition Mike Knuble, right, takes a shot in a loss to the Rangers Oct. 8.

114

The number of points with which the Capitals are on pace to finish the season. That would be six more than the team accumulated last year.

As a result, Washington trailed 2-0 early in the third period.

"We knew we hadn't played well, but you can't let it tarnish the rest of the game," said Knuble.

A free-agent acquisition this offseason, Knuble was referencing just one contest, but it said a lot about the Capitals' first 10 games of the season. Since starting the year with a nationally televised and impressive 4-1 victory

over Boston, the Caps have not played like a team on the cusp of a Stanley Cup run.

And yet, heading into another nationally televised matchup at home against Philadelphia Tuesday night, the Caps (6-2-2) sit right where they thought they'd be: atop the Southeast Division.

They've accomplished that by successfully maneuvering through a tough early-season slate that included games against seven teams that made the playoffs a year ago.

"The games we've lost — it's things we did to ourselves," said Knuble, citing poor penalty killing, untimely and careless penalties, and most recently, a dormant power play that is 0-for-11 in the past two games. "We haven't played great, but I feel like we haven't been outplayed either." MARK GIANNOTTO

WETA 99.581

TV 26/90.9 FM

Designate WETA: For you, your family, and the community.

WETA Television and Classical WETA 90.9 FM recognize viewers' and listeners' intelligence, curiosity and interest in the world around them.



Ken Burns's *The National Parks: America's Best Idea*
The NewsHour with Jim Lehrer
Washington Week with Gwen Ifill and National Journal
Antiques Roadshow • *A Capitol Fourth*
National Memorial Day Concert • *Masterpiece*
Inside Washington with Gordon Peterson
Martha Speaks & *WordWorld* on WETA Kids
 NOVA • The WETA Movie

Classical Music for Greater Washington
 Classical WETA Opera House
 Front Row Washington Featuring Local Concerts

Individual contributors like you make great television and radio programs possible for everyone. Thank you for doing your part to support public broadcasting through CFC.



WETA • P.O. Box 96100,
 Washington, DC 20090-6100
 weta.org

Photos: Jim Lehrer, courtesy Macmillan/McGraw-Hill Education; Martha Speaks, TM © 2008 WGBH Educational Foundation; A Capitol Fourth, courtesy WETA.

JOE SEARS JASTON WILLIAMS



OCTOBER 29 – NOVEMBER 1
WARNER THEATRE

www.tunadoesvegasthetour.com

TICKETS EXCLUSIVELY AT
LIVENATION.com

WARNER THEATRE BOX OFFICE (13TH & E STREETS • M-F 10A-4P SA 10A-3P)
 OR CHARGE BY PHONE 877-598-8696

All dates, acts and ticket prices subject to change without notice. Subject to applicable service charges.

© 2008 — Photo Credit: Brenda Ladd

Sports

In Brief

BASEBALL
LaRussa Adds McGwire As Cards' Hitting Coach
Mark McGwire is back in baseball, reunited with Tony La Russa as the St. Louis Cardinals' hitting coach. La Russa agreed to return for a 15th year as manager Monday with a one-year contract, the first time he hasn't had a multiyear deal with the team. McGwire was not at the news conference at Busch Stadium, but La Russa and general manager

John Mozeliak said there will be no effort to shield McGwire from questions about steroids. (AP)

MEDIA
ESPN Fires Assistant After Affair With Phillips
The ESPN production assistant whose affair with baseball analyst Steve Phillips led to his termination has also been fired from the sports network, a spokesman said Monday. Mike Soltys, a representative of ESPN, said Monday that 22-year-old Brooke Hundley had been fired, but he did not say when or why. A representative for Phillips said he is enter-

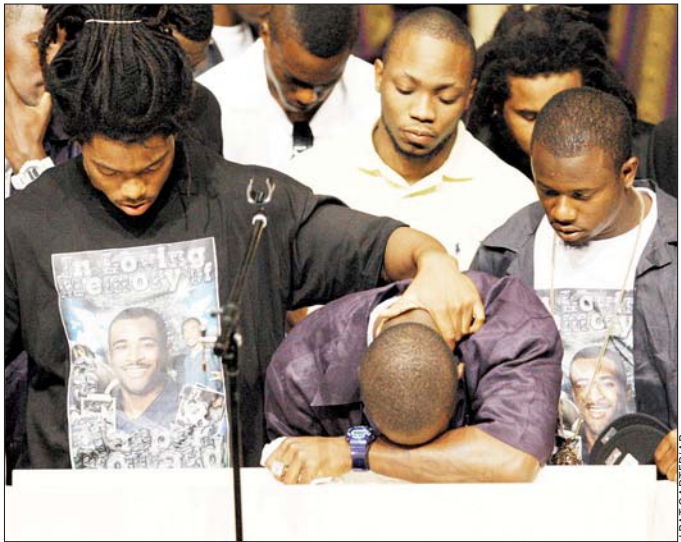
ing an inpatient treatment facility "to address his personal issues" but did not elaborate. (AP)

SOCCER
Milan Chief: Beckham Transfer Nearly Certain
AC Milan CEO Adriano Galliani says David Beckham's return to the Serie A team on a loan from the Los Angeles Galaxy in January is nearly "100 percent certain." "A great player will arrive: His first name is David, his last name Beckham," Galliani was quoted as saying by the ANSA news agency Monday. (AP)



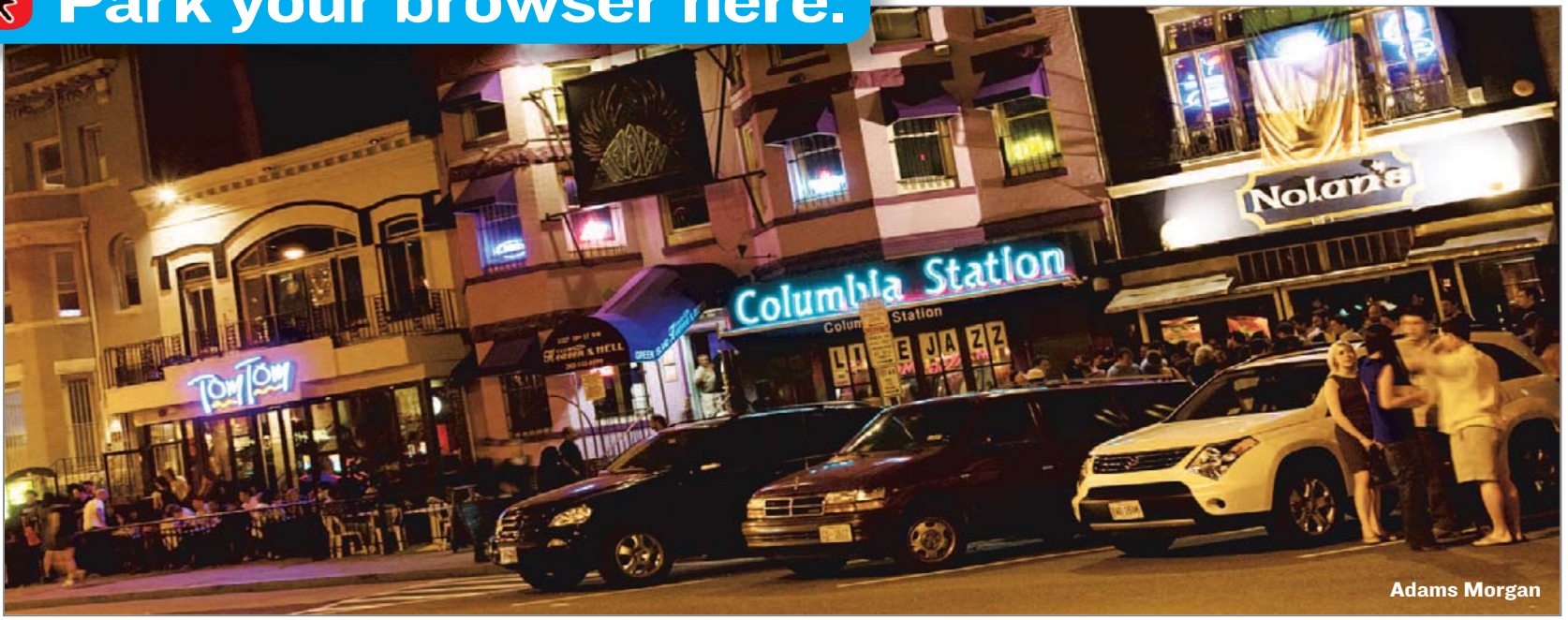
COLLEGE FOOTBALL **Flagged** Tennessee coach Lane Kiffin has been reprimanded by the SEC for criticizing officials after the Volunteers' loss to Alabama. Kiffin complained that officials failed to penalize Alabama defensive end Terrence Cody for unsportsmanlike conduct for throwing his helmet after blocking a field goal to end Saturday's game. (AP)

MIAMI | SLAIN UCONN. PLAYER MOURNED



IN MEMORY: High schools friends of former Connecticut cornerback Jasper Howard speak during his funeral on Monday in Miami. The Huskies football team flew to Miami for the services, held a week after he was fatally stabbed.

 **Park your browser here.**



Adams Morgan

Concerts, movies, events, restaurants and more.



Look for site highlights in today's Express.

fit

express

EXPRESSNIGHTOUT.COM | EXERCISE, NUTRITION AND WELLNESS TO MAKE YOU LOOK AND FEEL YOUR BEST | OCTOBER 27, 2009



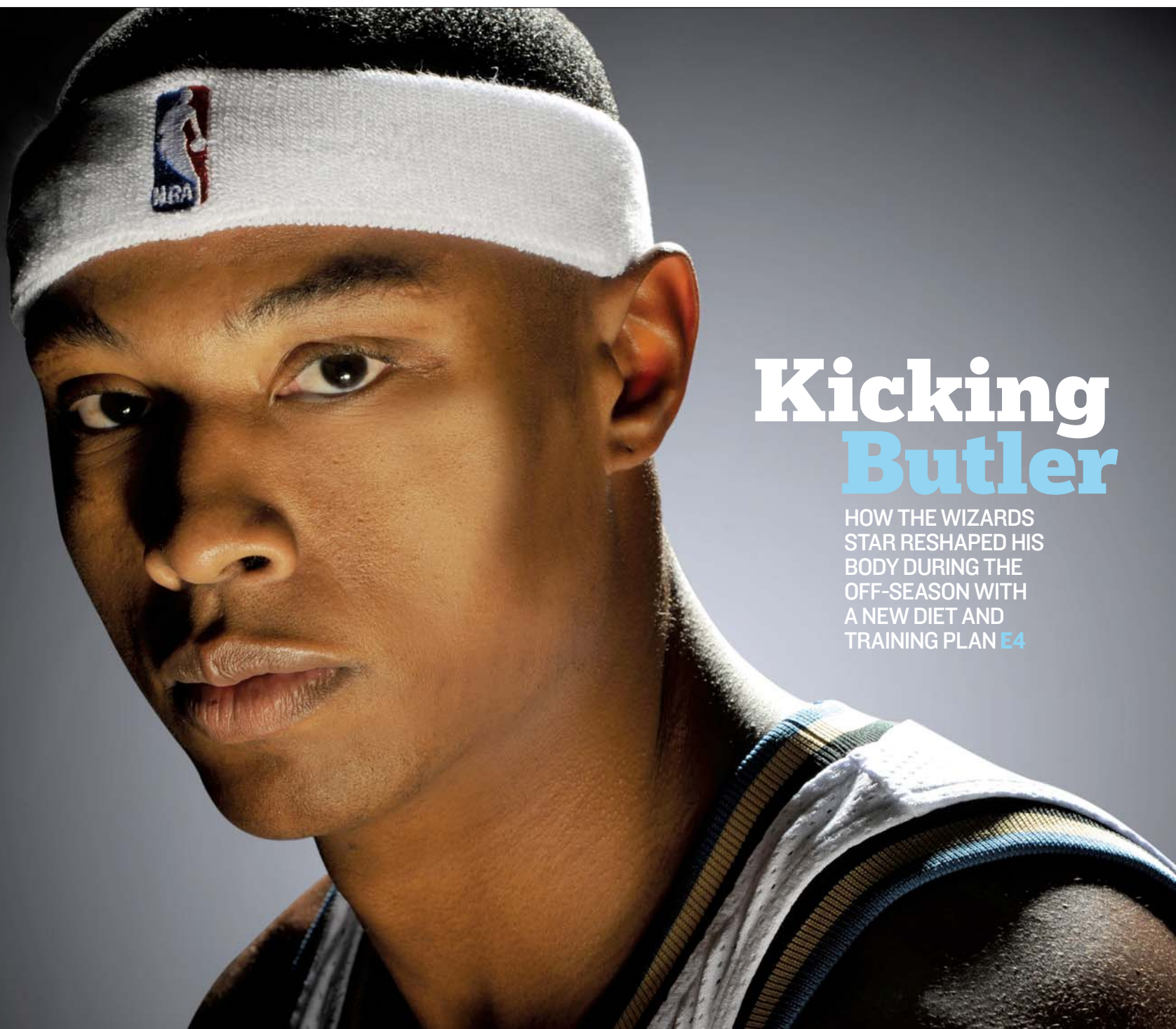
Learn how to be the belle of the ball at this cardio class **E5**



A running expert's advice to the guys gearing up for the High Heel Race **E5**



Keep your breasts healthy with these seven strategies **E7**



Kicking Butler

HOW THE WIZARDS STAR RESHAPED HIS BODY DURING THE OFF-SEASON WITH A NEW DIET AND TRAINING PLAN **E4**

BaggageCheck



GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Out-of-Control In-Laws Require Hubby Action

Q I am so fed up with my in-laws. I have been married for eight years that have been good overall. But I don't know whether I can take his parents anymore. His father has never accepted me. His mother has always seemed to like his previous girlfriend better, and disagrees with child-rearing and other life-style decisions I make. Our finances, house and especially my job are constantly criticized. My husband is sympathetic with me but doesn't really do anything. They are getting older, and I am picturing taking care of them and I just don't see it happening. I don't want this to break up our marriage, but I feel my connection to my husband weakening. — MISERABLE, NW



I could say that this is between you and your in-laws, but it's not. It's about the person who's between you and your in-laws, and that is your husband. Their effect on you should be able to be moderated by him, plain

and simple. That means he should step in when they are belittling you, be your sounding board when you are frustrated, talk to them independently to let them know what is acceptable, and even limit your contact with them if it comes to that.

No, he shouldn't have to divorce his family to be married to you, but by choosing you as his spouse, he vowed to do his best not to sit by while you're being made miserable. Talk to him. Let him know how bad this is getting, and how you're having trouble dealing. The fraying of the bond between you might best be served by counseling, but even short of that, he needs to be willing to be on your side to solve this together — and you need to see that he cares. In the meantime, when they start in with the attacks, feel free to change the subject or even quietly leave the room if things get disrespectful.

How to Put the 'Ex' in Exercise

Q My girlfriend is nowhere nearly as active as I am. I do love her, and I am attracted to her most of the time. But I often have thoughts about how she needs to do more and go to the gym. She is not that overweight

— maybe a couple of pounds. But it is more her attitude that gets to me. — SO, AM I SUPERFICIAL?

You don't say enough about what it is about her attitude that gets to you. Is she condescending or dismissive toward your exercise, making you feel criticized? Or is it that the sight of her on the couch, eating Flamin' Hot Funyuns, doesn't exactly do it for you when you're riding high after that 5K?

If it's simply that you need more overlap in your activities, that's a challenge that can be bridged by finding some fitness pursuits to enjoy together (maybe dancing, yoga or hiking). But it's a symptom of larger incompatibility if you can't find common ground or you find your attraction to her waning, or if the essence of how you view her is wrapped up in this discrepancy between your lifestyles.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

Just Live Dance

25% OFF
*NEW STUDENTS ONLY

COUPLES SINGLES

...come join the fun!

Arthur Murray
Franchised Dance Studios
ARTHURMURRAYDC.COM

Alex/Landmark 703-751-4336
Gaithersburg 301-590-0387
Bethesda 301-657-2700
Columbia 410-772-7880
Ashburn 703-729-7055
Tysons Corner 703-556-0088
Silver Spring 301-681-4466

Train to be a
MEDICAL ASSISTANT

Sanz
since 1939
DC MD VA
FINANCIAL AID if qualified

1(888)626-1155
CTO SCHEV

703-289-3070
WWW.ELANDANCESPORT1.COM

Elan
Ballroom & Social Dances
as in *Dancing with the Stars!*
Mention this Ad, get a FREE class!
Top rated professional instructors
Large facility, Convenient location

8442 LEE HWY, FAIRFAX, VA 22031
INFO@ELANDANCESPORT1.COM

WEEKDAYS FREE!

Get Monday – Saturday of *The Post* FREE when you buy 26 Sundays for only \$1.50 a week!

From concerts and free events to information on the latest hot spots... *The Post* covers it all.

The Washington Post
If you don't get it, you don't get it.

For home-delivery, call toll-free:
1-888-562-0090, Ext. 10
or visit wpsubscribe.com/fullcoverage

Park your browser here.

Concerts, movies, events, restaurants and more.

express nightout
expressnightout.com

Place your Classified ad today.
202-334-6200.

express

HELPING HAND

Working out your finger muscles might not seem as appealing as crunching toward a six-pack, but those digits are mighty important, too. And with the Xtensor (available in blue or yellow, \$39.95, Thextensor.com) you can help keep them loose and limber no matter how long you spend typing and texting.

**SHALL WE DANCE?**

Every reality show dealing with weight loss inevitably must produce a fitness DVD. Thus, we have "Dance Your Ass Off: The Workout" (\$16.98, Anchor Bay). The trio of routines — disco, Latin and hip-hop — keep you grooving along with this season's winner, Ruben Permel. You won't notice 46 minutes fly by.

NEW
IN HEALTH
**warm
ups**

**SOFT SELLS**

The Citron Hand Care Ritual from Crabtree & Evelyn could easily become the basis of a new religion devoted to softer skin. The line features cleansers (\$12), an exfoliating hand recovery treatment (\$16, shown) and moisturizing hand cream (\$6.40-\$17.60), with a touch of honey and coriander.

**BOOT CAMP**

Make a splash with Elite (\$99, Earthfootwear.com) waterproof rain boots. Not only will they keep you dry, but they'll make you slimmer, thanks to negative heel technology that forces wearers to work harder with each step.

GUINEA PIG**A Precision Fit for Your Private Parts**

■ Our man tester was originally confused when we presented him with a pair of trunks from Equemen's new line of underwear (\$49-\$65, Equemen.com) that's meant to provide extra support down below. "My dad taught me to wear jock straps," he said.

But these form-fitting garments do more than just hold you in with a "precision fit pouch." The compression in just the right spots promotes proper posture and gait; ventilation and fabric keep temperature just right; and the design flatters a man's — ahem — shape. (They're like sporty Spanx for dudes.) Also, as our guy discovered, unlike jock straps, these undies are comfy to wear all day, so they're superior for impromptu athletics or multi-hour activities. So, it seems Dad doesn't always know best — or he could use new underwear.

VICKY HALLETT (EXPRESS)

WARNING: Your insurance benefits expire in December! It's YOUR money, use it or

LOSE IT!

Call now for more information!

**You Owe It To Yourself To Try Laser Dentistry.
No Shot, No Drill, No Pain**

\$1000 OFF IMPLANTS OR INVISALIGN

Call now for a free consultation!

**Valid 1 per customer. Please present coupon at time of consultation. Restrictions and limitations may apply. Expires 12/01/09.*

2 Locations For Your Convenience!

DUPONT CIRCLE

1325 18th Street, NW • Suite 203
Hours: 7 am - 9 pm

FOGGY BOTTOM

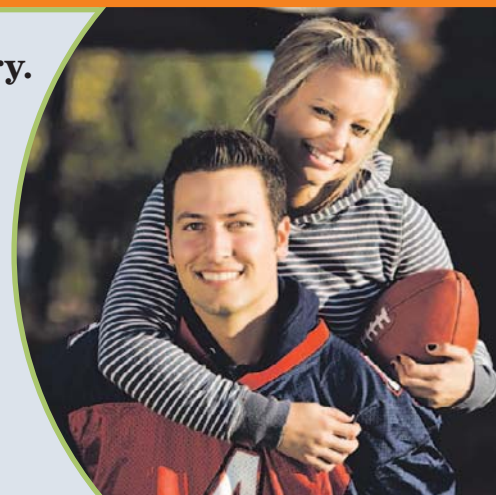
730 24th Street, NW • Suite 9
Hours: 12 pm - 8 pm

202.833.8724



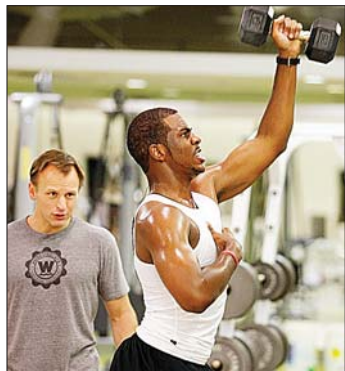
Where technology meets tranquility

Dr. Rex H. Hoang, DMD, PC



www.dcdentalspa.com

BODYTALK



LAYNE MURDOCH

Jumping Through Hoops to Improve

■ Staying injury-free through an entire 82-game NBA season is no slam-dunk. That's why Steve Kostorowski, owner of Georgetown's Water Street Gym (3401 K St. NW; 202-338-2711), is called into service every off-season to teach the best ballers in the country how to survive. His project this year: New Orleans Hornet's All-Star guard Chris Paul (that's them together above).

"It's crazy how long they're on the road. After a game, you shower, get on the bus and go to the next place," he says. It's a routine that can do a number on their range of motion and aggravate imbalances.

A lot of what he does with the stars isn't so different from what he'd put any personal training client through. "The foundation of human movement is the same for all of us — core strength, lateral stability, pelvic floor stabilization," Kostorowski explains. But, as athletes in a demanding sport, they also need to address the specific challenges of their position. And the hours are pretty brutal — Kostorowski expected Paul to be ready to go at the gym every day at 6 a.m. for a three-hour workout. Every night, they spent another two hours together stretching.

It'll pay off, though, he promises. The past two years, the top players spent their summers focused on Team USA and the Olympics. "So, this is the first year the guys from that medal team had a chance to take care of themselves," he says. We're expecting to see some net gain. v.h.



JONATHAN NEWTON/TWP

Caron Butler shows off his new skills and body during a preseason matchup with Kris Humphries of the Dallas Mavericks.

Building His Net Worth

Wizard Caron Butler is back at work stronger, leaner and faster

Doing the Dew was doing Caron Butler in. So, in April, the Wizards forward and two-time All-Star did the unthinkable: He abandoned his five-can-a-day habit. "I went cold turkey on soda," Butler says. He suffered through withdrawal and headaches, but ditching the caffeine dependency was a crucial first step in his summer makeover plan. And as the season begins today, the buzz

is all about how good he's looking and playing.

"I ended up losing 11 pounds. I got leaner, stronger and faster. I just feel better," Butler says. The 29-year-old — who's been playing in the NBA since 2002 — had started to sense that his career was catching up with him and knew it was time to rethink his training, which had tended to focus on basketball drills and not much else. "My body felt weaker at the end of the season. That wear and tear builds up," says Butler, who's missed at least 15 games each of the last three seasons.

So, over the summer, he part-

nered with a pal from high school — Eric M. Harris, who's now a sports performance enhancement specialist — and they got down to business. That meant not touching a ball or thinking about dribbling for nearly two months while they instead honed his core strength, improved his flexibility and boosted his speed. "We did a lot of running at first just to get his body in shape for what we were going to do," says Harris.

Their rigorous schedule included a heavy dose of track drills, like high knees and skips, along with exercises that incorporated plyometrics (jumping to develop explo-

“It's changed my game a lot because I'm more energetic. I've improved in all aspects.”

sive power) and agility. Every day, they rolled out a ladder along the ground and worked on hurrying Butler's feet as he moved forward, backward and sideways through the slats. Harris would also place a series of cones around a field and bark out orders for Butler to sprint or backpedal from one to the other. "It teaches the body to stay focused and have to think while being fatigued," Harris explains. "And that's something you have to do on the court."

Butler's not sure he could have kept up with the daily morning and afternoon workouts at George Mason University if he hadn't simultaneously revamped his diet with the help of Harris and his personal chef. Beyond kicking the Mountain Dew addiction (he swapped in water and juices), he also started eating breakfast — such as oatmeal with strawberries, egg-white omelets and smoothies. "Without that sugar rush, I was feeling fresher," he says. Harris, who isn't a fan of supplements, also convinced Butler to keep his energy up with healthy, protein-packed snacks between meals.

It helped, too, that the program included icing, stretching and even yoga. "Downward dog lets me stretch my spine. It got me feeling looser and longer," Butler raves.

And, more importantly, it got him ready to get back to playing basketball. "It's changed my game a lot because I'm more energetic. I've improved in all aspects," he says. Butler doesn't just mean the way he plays, although he does promise to score more. He also means the way he looks. "I'll always be near the camera," he jokes. That'll be a handy way for Harris to keep tabs on him — until next summer.

VICKY HALLETT (EXPRESS)

RACEDAY



How to Rule the High-Heel Race

■ Since the first edict in "The Runner's Rule Book" (\$17.99, Rodale) is "Have fun," it seemed that author Mark Remy — executive editor of Runnersworld.com — would have some ideas for guys slipping into stilettos (like this Sarah Palin look-alike last year) tonight for the High Heel Race on 17th Street NW.

First, let's talk common courtesy. "If you know you don't have a realistic chance to win, don't stand in front of people who might," Remy says. Folks in large races often start ahead of where they should, which is a big no-no. And when heels are involved, slowpokes could be in real danger.

Also, don't try to sprint the race cold. Remy suggests light jogging ahead of time, preferably in flats. As for what to wear, he says comfort comes first, which may not be the easiest rule to follow tonight. But bonus points for anyone with a wicking boa. v.h.



→ Make up for that Halloween candy by burning calories at Thriller on H Street. Joy of Motion is leading a workshop (\$20 adults, \$10 kids) at 1207 H St. NE at 7 p.m. this Friday so anyone can learn the choreography, then perform at 9:30 p.m.

**work
it out**

Workout

ported by it. But even with fairly standard exercises, Hess keeps up the level of interest by adding a twist, like a game of "Red Light, Green Light": Keep going in a pattern until "red light," when you freeze in position and try to balance.

"It gives you a good sweat, but you don't dread it," says regular Sara Reges, 42. That's probably because the mix of moves has something for everyone, and they're mostly scalable, so students can work at the level that makes them comfortable by selecting different size weights or adjusting the angle of their bodies. But while it's a supportive atmosphere, Hess will still call you out if you're slacking.

One woman, who was jokingly messing with an exercise at a recent class, elicited calls of

Using stability balls helps promote core strength, and cardio intervals keep heart rates on the rise.

"Cheater, cheater, pumpkin eater!" "She sets the tone to be fun, but she works you," adds Michele Petersen, 51.

Crowd

The mid-morning time frame means "Cardio Ball" is a mom magnet. Although men could technically crash, it's not really meant for them — and they might not be able to handle the vast amount of pink clothing in the room. (It's not a required color, just a coincidence.) But it's hard to imagine this welcoming group of ladies making anyone feel uncomfortable. As Marti Friedman, 44, promises, "Everybody leaves here with a smile." VICKY HALLETT (EXPRESS)

Tue. at 10 a.m. at the Pilates Room, 1489 Chain Bridge Road, Ste. 100-102, McLean, Va.; 703-749-1661; Pilatesmclean.com.



The long, narrow room means every student has a spot in front of the mirror to check form while performing exercises.

Time to Play Hardball

McLean's Pilates Room's cardio class also buffs up your muscles

Having a ball takes on a new meaning at "Cardio Ball," an unusual class to find on a Pilates studio schedule. But the Pilates Room in McLean goes beyond the usual mat and equipment offerings to give its clients a well-rounded workout.

What It Is

The name of the studio is a bit of a misnomer because there are, in fact, several rooms in the space. So, while quiet beginning Pilates is happening in one and calming body treatments are being performed in another, instructor Susan Hess can turn on the tunes to fire up her students for an hour of fast-paced strength and conditioning.

"Some women don't use weights, and we're trying to push them to do cardio," she explains. "And I shake



PHOTOS BY ABBY GREENAWALT

Students choose among several sizes of hand weights to find the best fit for them.

it up every week." Depending on the day, they may head over to the ellipticals or bikes for heart rate-raising intervals, or they'll work in quick dance routines. The one constant is the use of inflated stability balls, because almost every exercise you can do with them requires a stable core. "We're primarily a Pilates studio, so we want to keep with that theme," Hess adds.

Moves

Hess' brain holds a seemingly

endless supply of ball exercises for her charges to complete. The warm-up might involve holding the large spheres up while marching and activating the lower body through a series of lunges. She'll then sometimes have her class sit on their balls — but not for a breather. Instead, they'll bounce their way through a set of "jumping jacks."

Then there are basics such as push-ups with legs elevated on the ball and crunches with backs sup-

Put Your House on This Diet

Try these swaps in your fridge and kitchen to help lose weight

You don't have to throw away all your favorite foods, build a home gym or turn your life upside down. Just make these simple tweaks to stay motivated and active as you drive toward your weight-loss goals.

OUT OF SIGHT, OUT OF MIND

If you have bowls of candy or nuts sitting out from the holidays — or if they're out all the time — put them in a cabinet. "When those things are in plain view, you'll eat them regardless of whether or not you're hungry," says Chris Mohr, nutrition adviser to the Discovery Channel and others. "When you're not walking by and seeing them, you're less likely."

IN SIGHT, IN YOUR MOUTH

While you're moving food in your kitchen, get whole fruit out of your fridge — and out in the open. You'll be more likely to grab a piece when you see it — and when it fills the room with an aroma as it ripens.

YOUR ENTRANCE STRATEGY

Does this routine sound familiar? You drive home from work, park



Keep your snacking smart by putting fresh fruit out in the open so you'll remember it's there — and keep the bad stuff hidden.

in the garage and walk through the door straight into the kitchen. You're famished from lunch, so you grab something quick (and probably calorie-heavy). "Change your pattern," Mohr says. "Pack something for the car ride home so you're not ravenous. And go through the front door so you don't walk directly through the kitchen."

REORGANIZE YOUR FRIDGE

The "crisper" drawer in your refrigerator is made for fruits and vegetables — but forget that noise. Use it instead to keep higher-calorie foods such as cheeses and chocolate out of plain sight, and move the fruits and vegetables — easy-to-grab snacks that won't wreck

your progress — on the top shelf, in plain sight.

EMPTY THOSE BAGS

Cheat calories are usually easy to grab — chips, cookies, bagels or bread (for a quick sandwich). Cut the easy calories from your kitchen in favor of foods that need preparation — meats, brown rice

or vegetables — and you might be more likely to let a fleeting craving pass. If you do cook up one of these alternatives, "you get more nutrients, and it'll stick to you," says Cassandra Forsythe, author of "The Perfect Body Diet." You'll stay fuller longer and feel more satisfied — and less likely to grab more food. "Your blood sugars don't spike as quickly."

MAKE AN ALL-YOU-CAN-EAT AREA

Keep vegetables cut up in your fridge — all of the components of a salad, ready immediately. "You're not making the whole salad ahead of time," Mohr says. "But it's like your own salad bar." And the calories in your salad bar are safe — fresh vegetables are basically free calories in your diet.

GET NEW PLATES

You'll lose weight with smaller plates: A study at Cornell University found that participants scooped out 50 percent less ice cream when given smaller dishes and spoons. Put the power on your plates: Swap 12-inch plates for 10-inchers, and you'll eat 22 percent fewer calories.

TURN YOUR CHAIRS AROUND

Move your meals away from the tube. People who eat meals in front of the TV snack more between meals — 20 percent more, according to a British study. GREG PRESTO (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

EATING IN

PUMPKIN-CRANBERRY SPICE CAKE

1 HOUR 10 MINUTES; SERVES 16

INGREDIENTS

- 1 1/4 CUPS all-purpose flour
- 1 CUP white whole-wheat flour
- 1 TBSP cinnamon
- 2 TSP ground ginger
- 1 TSP allspice
- 1 TSP nutmeg
- 2 TSP baking powder
- 1 TSP baking soda
- 1 TSP salt
- 1 1/2 CUPS sugar
- 1/3 CUP canola oil
- 3 LARGE eggs
- 2 TSP vanilla extract
- 15-OUNCE can of pumpkin
- 2 TSP grated orange zest
- 2 TBSP orange juice
- 2 TBSP water
- 1 CUP dried cranberries
- POWDERED SUGAR for dusting

PREPARATION

1. Heat the oven to 350 F. Coat a large Bundt pan with cooking spray or brush with oil. Add a small amount of granulated sugar and turn the pan to coat the inside, discarding any excess.
2. In a medium bowl, stir together both flours, the cinnamon, ginger, allspice, nutmeg, baking powder, baking soda and salt.
3. In a large bowl, combine the sugar, oil, eggs and vanilla. Beat with an electric mixer on high until the mixture is thick and pale, about three minutes. Add the



pumpkin, orange zest and juice, and water. Beat on low until smooth. 4. Sift the dry ingredients on top of the

- pumpkin mixture and stir just until combined. Stir in the cranberries.
5. Using a rubber spatula, scrape the batter into the prepared pan, smoothing the top. Bake for 40 to 50 minutes, or until a skewer inserted at the center comes out clean. Turn the cake out onto a wire rack to cool completely.
 6. Dust with powdered sugar before serving. (AP)

205 calories, 4 g protein, 37 g carbs, 6 g fat, 48 mg cholesterol, 311 mg sodium, 3 g fiber

STETHOSCOPE

Say 'Ta-Ta' to Cancer

Seven methods women can use to help keep their breasts healthy

When it comes to young women and breast cancer, there's good news and bad news. The good: Their chances of having the disease are much lower than an older woman's. The bad: If cancer does strike, it can be more aggressive, says Debra Mangino of New York's Memorial Sloan-Kettering Cancer Center.

But a healthy lifestyle can help protect your breasts. These are the changes and early detection methods experts say are key:

1 Stay at a Healthy Weight

Being heavy can increase your risk of developing the disease and reduce your risk of surviving it, says Harold Freeman, president and founder of the Ralph Lauren Center for Cancer and Prevention in New York City.

2 Break a Sweat

Aim to exercise for 45 minutes to an hour five days a week. Regular gym time may help prevent the disease by boosting immune function, warding off obesity, and lowering levels of estrogen and insulin.

3 Drink Less Alcohol

Research has shown that two drinks a day could increase breast cancer risk by 21 percent. Instead, try swapping wine for fresh grapes. Resveratrol, found in the skin of grapes, may help reduce your estrogen levels, which in turn may reduce your risk.

4 Eat Your Veggies

A low-fat diet can do a lot to reduce your risk, but for even more protection, add some cruciferous vegetables, such as broccoli and kale, to your plate. They



DOCTOR'S ORDERS



Your Man's Boobs

■ Sure, he prefers to call them pecs. But they can still develop breast cancer. You are about 100 times more likely to develop breast cancer than your beau, but he should still be feeling himself up.

The American Cancer Society estimates 1,910 men will be diagnosed with invasive breast cancer this year. Most cases occur in men between the ages of 60 and 70, but it can appear sooner. Now is the time to determine what's normal—and to start developing healthy habits. The risk factors are similar to those of female breast cancer: excessive use of alcohol, obesity, liver disease or exposure to estrogen or radiation. But about one in six cases of breast cancer in men is inherited, compared with about 5 to 10 percent of breast cancer in women, according to the Mayo Foundation for Medical Education and Research.

Since most men have little breast tissue for the lump to hide beneath, lumps are easily detectable by touch, says Beth Overmoyer, assistant professor of Medicine at the Breast Oncology Center at the Dana-Farber Cancer Institute. If he feels a mass, there's no need to panic. They can be benign cysts or just collections of fat tissue, but the only way to know is to visit the doctor. K. ALEISHA FETTERS (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

Young women have a lower risk of getting breast cancer, but if they do get it, it can be more aggressive.

contain sulforaphane, which is thought to help prevent cancer cells from multiplying. For an extra dose of cancer-fighting power, eat them raw.

5 Know Your Family History

"In about 15 percent of breast cancer cases, there is a family history of the disease," Freeman says. If you have one first-degree relative who had breast cancer, your lifetime risk doubles, and if you have two, your risk increases fivefold.

6 Get Checked

All women should have a clinical breast exam at least every three years, and annual exams and mammograms starting at age 40. Women with a family history should begin screening 10 years prior to the family member's age of diagnosis. Ask whether the facility offers digital mammography—it allows for adjustments in contrast so the image can be easier to see. Young women at increased risk may also want to ask for either an MRI or a sonogram in addition to the mammogram.

7 Consider Genetic Testing

"When cancer strikes young women, it's more likely to be connected to a BRCA mutation," Mangino says. Two red flags for being a BRCA carrier: being of Ashkenazi (Eastern European) Jewish descent or having a family history of both breast and ovarian cancer. "If you have either of these factors, see a genetic counselor to talk about getting tested," she says.

JENNIFER MARQUEZ AND ALYSSA BIELER (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

PEDIATRICS

Don't Take Your Seat

■ Sure, car seats are safer—in cars. When you take the seats out of motor vehicles and instead plop them on a table, that's when problems arise, because the wee ones worm themselves out and fall to the floor. (Beds aren't any better—kids flip the seats and can suffocate.) According to researchers presenting their findings at the American Academy of Pediatrics last week, in a five-year span, 43,000 children in the U.S. sustained injuries when their car seats were placed outside of cars.

RESPIRATION

Not Air-Conditioned

■ Advising people who get stressed that they really should calm down or risk other health problems may be counterproductive. And yet, here we are telling you that a German study has found that highly neurotic people are three times more likely to develop asthma. The theory is that constant fretting messes with hormone levels, so airways get inflamed, and it's harder to breathe.

ALCOHOL

Hangover Pain Ahead

■ Forcing rats to drink has led to a fascinating discovery by a team from Jefferson Medical College. In a study, rodents who were regular migraine sufferers experienced more pain after consuming alcohol than control rats. The researchers, who say dehydration and impurities were not to blame, thus hypothesize that people who get migraines similarly are more disposed to hangover headaches.

Premium Wine Tasting

TastePost and Safeway invite you to a tasting of Premium Wines, World of Cheese and Artisan Bakery items just in time for the holidays.

Thursday, November 5 • 6:00-8:30 p.m.

Hosted at The Washington Post, 1150 15th Street NW, Washington, D.C.

Featuring Premium selections of

- ~ California Zinfandel
- ~ California Sauvignon Blanc
- ~ International Sparkling Wines
- ~ US Pinot Noir
- ~ Wines of Argentina
- ~ Wines of New Zealand

Join us for a flavorful evening.

Experience some of the finest wines of the world when Safeway joins TastePost in hosting an evening of Premium Wines. Enjoy delicious pairings with selections from Safeway's Finest World of Cheeses, Artisan Bakery items and other delights. And meet Safeway's world-class wine experts as they guide, educate and entertain you in an evening of flavors you'll never forget.

TastePost

Admission

TastePost members and up to 2 guests **\$15 each** • Non-members **\$50**

Purchase tickets at TastePost.com

All event attendees must be 21 years of age or older.

**Join TastePost now and
save on admission!**

Go to tastepost.com

Sponsored by:

SAFEWAY 

brought to you by:
The Washington Post

express health directory



Beautiful & Natural Looking



Before



After

15% OFF Restoration
Offer Expires October 31, 2009
Some restrictions may apply

6831 Wisconsin Avenue, P-101 • Chevy Chase, MD 20815
301-986-8777 • www.SuperTooth.com
Convenient Location. Walking Distance To Bethesda
Metro Red Line. **FREE PARKING**

BETHESDA CHEVY CHASE



**Ben Manesh, DDS • Ali R. Ziglari, DDS
Nicholas Toscana, DDS, MS**

We are pleased to offer you the best quality materials that are strong, beautiful and will last you for a very long time. Inlay/Onlay restorations are custom made tooth-colored porcelain fillings. Porcelain inlay/Onlay restorations are popular because they resemble your natural teeth.

Inlay/Onlay restorations can be utilized to conservatively repair teeth that have large defective fillings or have been damaged by decay or trauma. Inlay/Onlay restorations are an ideal alternative to conventional silver and composite fillings. Also, they are more conservative than crowns because less tooth structure is removed in the preparation process.

Indications:

Broken or fractured teeth, Decayed teeth, Cosmetic enhancements, Fractured fillings and/or Large fillings.

RESEARCH OPPORTUNITIES FOR **Healthy Volunteers**

IF YOU ARE CURRENTLY HEALTHY
AND
ARE INTERESTED IN PARTICIPATING IN A
RESEARCH STUDY
INVOLVING GLUCOSAMINE
AND
ARE BETWEEN 18-55 YEARS OF AGE

**CALL 1-866-750-2165
FOR MORE INFORMATION**

and to schedule a confidential screening interview to see if you qualify
You may be compensated for your time if you participate in the study

Studies will be conducted in the Clinical Pharmacology
Outpatient Research Unit in Rockville, Maryland, a part of the
Uniformed Services University of the Health Sciences

**Are you tired of waking up
BEFORE your alarm?**

INSOMNIA



If you are at least 18 to 85 years old and have trouble falling asleep, staying asleep, or getting a restful night sleep, you may qualify to participate in a research study of an investigational medication. Compensation will be provided for time and travel.

**The Center for Sleep & Wake Disorders
Chevy Chase, Maryland**

Friendship Heights Metro

Call 301-654-5665 • research@sleepdoc.com

VOLUNTEERS NEEDED For a Malaria Vaccine Study

Purpose: To test to see if an investigational malaria vaccine is safe in humans and whether it can protect against malaria infection

You may be eligible to participate if you are:

Between the ages of 18 and 50
In good general health
Have never had malaria
Are available for study duration (up to 5 years)

You will be provided:

A no-cost health screening
Compensation for your time and effort

The study is called "DNA-Ad Malaria Vaccine Trial in Malaria-Naïve Adults in the United States."

Location:

Walter Reed Army Institute of Research, Silver Spring, MD

CONTACT

Clinical Trials Center

301-319-9660, toll free at 1-866-856-3259

www.wrairclinicaltrials.com

OIF/OEF Men and Women in Addiction

Author and addiction counselor is looking for Afghanistan and Iraq veterans or active duty who are **struggling with addiction.**

Family members are more than welcome to tell their story as well.

My book is about brave American men and women who chose to risk their life to defend us, and who turned to drugs / alcohol to find a relief from their pain and disarray.

My objective is to help other soldiers and marines who are still in addiction and to raise public consciousness about an under-evaluated problem.

Laura Simon-Sulzer

(202) 491-8837

laurasimonsulzer@yahoo.com

Adapt you.

"Personal Tech" can give you cool and useful tools. **Mondays.**

express

A publication of The Washington Post

XX170 5x5

express

➔

health directory

Volunteers Needed

Compensation paid to healthy female and male volunteers for donations of bone marrow for research efforts in such areas as cancer and other serious illnesses.

- Ages 18 to 45
- In good health
- Not engaged in high risk behaviors

Confidential interview and screening provided at our convenient Gaithersburg, MD office.

Donations occur at our Bethesda, MD office by board certified physicians.

Both locations are accessible by
MetroRail and Metro Ride-On.

FINANCIAL COMPENSATION PROVIDED

For more information, or to schedule an appointment:

TOLL FREE: (888) 925-9211

EMAIL: donorinfo@lonza.com

Lonza

AD BUREAU/BAH/BUW 03/09

Flexible Business Hr Appts
• PPO • Medical Insurance
Major Credit Cards

- Plantar Fasciitis, Neuromas
- Bunions • Corns & Calluses • Ingrown
- & Fungus Toe Nails (Oral medication)
- Warts • Fractures
- Flat Feet • Ankle Sprains
- Heel & Arch Pain • Diabetic Foot Care
- Children's Foot Care • Orthotics
- Orthopedic Shoes

- Dr. Arnold Ravick
- Dr. Terri Walton
- Dr. Lawrence Lazar

1145 19th St, NW
(Between L & M, near Metro)
Podiatry, Foot Surgery, & Sport
Medicine of the Foot/Ankle

(202) 223-0500

Call Our Office For An Appt
and 24 Hour Emergencies

Stress is a state of mind
that you choose.
So why choose it?

Hypnosis can offer immediate relief
with managing stress, smoking,
weight loss, etc. Call 202-384-0709
or go to <http://tinyurl.com/yjau96d>

Post Your Health
Coupons Online
for \$100 per
month!

washingtonpost.com

For Advertising Contact
Danielle Gosnell
202-334-5648
gossnell@washpost.com

MENOPAUSAL WOMEN



African American and
Caucasian women age 40-60
are needed for a research
study addressing questions
about menopause.

To see if you qualify or to get more information, please contact

Robert Clark, M.S.

301-295-9666

menopausestudy1@gmail.com

Participants may be compensated.

This research study is sponsored by the Uniformed Services University,
Department of Medical and Clinical Psychology in Bethesda, Maryland.

RESEARCH STUDY FOR KIDS \$\$\$

- Do you have a child between the ages of 9-13?
If yes, you and your child can participate in a
University of Maryland study on adolescent
risk taking.
- You and your child will attend a 2 hour
session at the College Park campus where
you'll both fill out questionnaires and
complete a non-violent computer game.
- Your child will receive prizes valued up to \$25
and you will receive \$25 in cash (opportunity
to earn more)

Call us at **301-974-7425**

This study is sponsored by the National Institute on Drug Abuse

Concerts, movies, events,
restaurants and more.



XX172 1x1

Concerts, movies, events,
restaurants and more.



XX172 1x1

Travel cheaper

Tips and inside info.
Travel.
Wednesdays in Express.

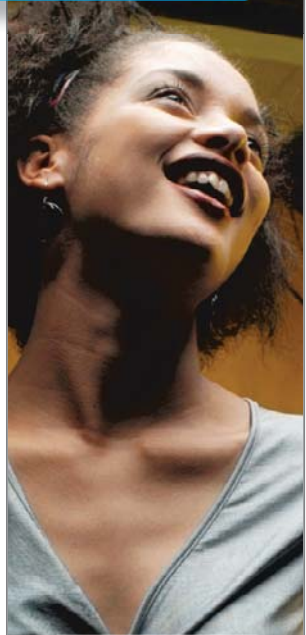
express
A publication of The Washington Post



XX178 4x2.5



Get a
night
out in
your in
box.



Start here.

Visit expressnightout.com
and click on the "Sign Up
Now" Newsletter button
with the melon martini.

The expressnightout.com
e-newsletter brings you a
weekly chance to win free
tickets and the editor's top
picks for the best way to
spend your evenings out,
delivered right to your inbox
weekly. No more excuses.

express
nightout
expressnightout.com

Concerts, movies, events,
restaurants and more.

XX211 1x10.5

Reach over 310,000 readers daily

express marketplace

SAVE 25%
by running
your ad
Mon. - Fri.

JOBS • RENTALS • HOUSES • WHEELS • STUFF • AND MUCH MORE...

To place a classified, call
202-334-6200.

To advertise a job, call
202-334-4100.

Credit cards accepted.



XX156 1x10.5

JOBS

Accounts Receivable

Property Management firm seeks **experienced** accounts receivable processor. Duties include processing monthly billing, posting cash receipts, tenant file maintenance; security deposit dispositions and month-end reconciliations. Must have strong analytical, customer service and organizational skills and be able to work with minimal supervision. Skyline experience preferred. Email resume to: juan.hersel@gmail.com Fax: 202-315-3556.

ADMINISTRATIVE

Office Manager

Comprehensive Health Academy needs an office manager with BA degree or equivalent, must also have organizational skills, initiative and ability to work independently, and experience with access database. If you think you are the right person for this position fax resume to 202-388-9588 or call 202-388-5500 to schedule an interview.

Auto



Please visit our Hiring Event:

Hilton Garden Inn Fredericksburg
1060 Hospitality Lane
Fredericksburg, VA 22401
Phone: (540) 548-8822
Date: November 3rd
Time: 8:00 a.m. to 6:00 p.m.

FULL-TIME JOB OPPORTUNITIES

General Manager
Assistant Manager
Commercial Part Specialist
Retail Part Specialist

Apply online @
AdvanceAutoParts.com
Estamos En Busqueda de
(Pre-Employment Drug Screen Required/EOE)

BEAUTY- Experienced barbers and hair stylist with clientele. Booth rental \$150-\$200. 3609 St. Barnabas Rd, Suitland, MD. Call **202-821-7733**

BUS MECHANIC

F/T Coach Bus Mechanic, ASE, HVAC & CDL preferred. Heavy diesel engine.
Experience required.
Call: **202-636-9203**

CUSTOMER SERVICE

Our Energy Savings Team is Looking for Motivated Individuals With Great Communication Skills. Great Pay & Bonus Structure. Flexible Schedules, Training Provided. **Call Now! 301-685-1110**

CUSTOMER SERVICE

Exceptional Customer Service & Sales

AgentGSA@gmail.com
www.oldtownepetresort.com

DANCERS—Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. Please send a text msg for info: **240-286-3660**.

DRIVER- CDL licensed driver, 4-5 hours on Sunday morning and afternoon, occasional week shifts. Call Cynthia **202-396-0534**

Management

Premier VA-based company is developing a management staff for a **proposed security contract** in Alexandria, Virginia

Site Supervisor: Oversees daily operations of security officers and maintains quality control at facility, responsible for schedules, payrolls, various admin task

Position Requirements

- Min 5 yrs of supervisory experience and
- Min 3 yrs Law Enforcement or Military Police exp
- U.S. Citizen, min 21 yrs of age
- High School Diploma/GED
- Pass medical fitness test, background investigation, No criminal record (no domestic violence conviction), 5 year safe driving record
- All applicable state licenses

Competitive salary and benefits
Qualified applicants should email cover letter and detailed resume to **recruiter@securiguardinc.com** or fax **703-790-1696**
ATTN: Alexandria Site Supervisor

VALIC 11-1373

EOE

SALES REPRESENTATIVES

DIRECTV. B2B. Reps needed. High Pay rate, Starting Bonuses. Highest performance bases in industry. Reliable transport req'd. **Call Now! 301-685-1110**
Supervision

MAINTENANCE SUPERVISOR

Seeking exper. maintenance super to oversee operations at multiple affordable housing communities in the DC area.

Professional licenses, certifications preferred. salary 70K, only qualified candidates need apply. Send resumes to: wainc@comcast.net

TEACHERS

Needed in South Arlington daycare, from 2:30pm-6pm & 7am-12:30pm. Call **423-883-2940**

Discover a career you believe in.

Staying at the forefront of the media industry isn't easy. We need your expertise. Build your career with us, and be a part of our success.

CUSTOMER ACCOUNTING ADMINISTRATOR

The Washington Post Writers Group is seeking a Customer Accounting Administrator. The Writers Group is a unique part of The Washington Post. It is a newspaper syndicate that edits and distributes the columns and cartoons of some of the biggest names in the business and markets these features to 1,200 publications around the world.

The primary responsibilities of this position are meeting the company's goal of excellent customer satisfaction & strong financial performance; handling direct customer calls regarding billing inquiries; collecting on delinquent accounts; and resolving billing discrepancies, disputes and allowances that occur after statementing; and general office administration.

Qualified applicants will have at least 3 years of experience in customer service with special emphasis on the financial services of accounting, credit, billing, and/or collections. They should also be able to work in a deadline driven environment; must be proficient in MS Word, Access, Excel, Adobe Photoshop, and have knowledge of the newspaper business and its rhythms. A college degree preferred.

If you are ready for a challenging career with a rewarding organization please apply by visiting us online.

Washington Post Media is committed to diversity in the workplace. We promote a drug-free work environment.

Learn more about Washington Post Media and other career opportunities at washingtonpostmedia.com/careers.



Washington Post Media

The Washington Post | washingtonpost.com | Express
El Tiempo Latino | washingtonpostmbl.com

Technology

SiloSmashers, a Mgmt. & Tech. Consulting Firm seeks professionals to immediately join our team:

- CPA / Acct. w/ Gov. Fin. Systems Exp.
- IT Sec. Mgr. - Must have CISSP Cert. & ISSO Fed. Gov. and Consulting Exp. Req.

Send Resumes to rsteven@silosmashers.com
SiloSmashers offers an exc. benefits plan. EOE
www.silosmashers.com
View full listing : www.washingtonpost.com/jobs

Telemarketer - Leadership.
Get \$100k/yr salary+bonus!
Cold call. Ken 240-351-7101

Transportation

BUS DRIVER

20-30 hours/week up to \$16.50/hr. AM/PM school run. CDL w/ D/C Class & P End. Background check. Call **202.636.9203**

CAREER TRAINING

#1 BAR SCHOOL

- Serving DC since 1968
 - 1, 2, or 5 week programs
 - Awesome job placement service
 - On Metro and Free Parking
- (703) 841 9700**
www.bartending-school.com
CTO-SCHEV

A Good Job Train to be a Phlebotomist

Falls Church: Evenings Nov. 17th
DC Campus: Saturdays Dec. 5th
1 (888) 461 8181

Sanj

Are You Unemployed or Underemployed?

Come get FREE EMS Paramedic Training for those who qualify. Must be a DC resident and meet DOES eligibility requirements. Call about your new career today! Close to Metro Center.
(202) 552-7385
or email: Thewestlinkci@live.com

MAKE A DIFFERENCE, even with the little ones!

Train for a healthcare career in less time than you think. You could learn:

- MEDICAL ASSISTING
- DIAGNOSTIC MEDICAL SONOGRAPHY
- PHARMACY TECHNICIAN, and more!

CALL NOW 888-805-2333

Your new life is waiting!

Sanford-Brown Institute

8401 Corporate Dr. Ste 500 • Landover, MD 20785

MEDICAL LEARNING CENTER

DAY, EVENING & WEEKEND CLASSES:

L.P.N. C.N.A.

Licensed Practical Nurse | Certified Nurse Assistant

1840 Wilson Boulevard, Arlington, VA
703-527-0055 • Certified SCHEV • Approved VBON

Want a healthier income?

Become a
Massage Therapist
in just 7 months!
Call NMTI today!
888-233-7855

A better tomorrow starts today!

Offering career training in Medical Assisting
Call Now to Change Your Life!
1-866-203-9186
www.ACIDifference.com
3 Convenient Locations
• Wheaton • Baltimore • Columbia
Financial aid available to those who qualify.



CAD

Earn a degree in computer-aided design at **Westwood College**.
Call 800-342-2249 today to receive your free Career Success Kit!
www.westwood.edu/locations

Learn PHLEBOTOMY
12 Weeks: **Eves, Sat or Sun**
1(888)461-8181

APRENDA INGLES *Sanj*
Se Habla Español *since 1939*

Ayuda Financiera si calificas
1(877)844-2505

ACT College
REAL STUDENTS - REAL SUCCESS!

START YOUR CAREER
DENTAL ASSISTING

"I love the school!
It's been a
great learning
experience."



arlington • alexandria • manassas

ACT Now: 866-970-8484
www.actcollege.edu

CERTIFIED IN VA BY SCHEV • ACCREDITED BY ABHES • PROGRAMS VARY BY CAMPUS
1100 WILSON BLVD, MALL LEVEL • ARLINGTON, VA 22209

CAREER TRAINING

CAREER TRAINING

INVEST IN YOUR BEST WITH CAREER TRAINING!
Train in MEDICAL, BILLING and CODING
With training in Medical, Billing and Coding, you can be prepared to work in medical offices, clinics and more!
Call Now to Change Your Life! 1-866-203-9186
Financial aid available to those who qualify.
11141 Georgia Ave., Ste. 418 • Wheaton, MD 20902
www.ACIDifference.com **ACCETS**

Work with Doctors
Train in professions as:
MEDICAL OFFICE SPECIALIST
MEDICAL BILLING & CODING
Sanz's Medical administration programs equip you with the skills you need to succeed in the healthcare field.
Work with Doctors in Hospitals, Doctors' Offices and more.



Accredited by COE
Approved by MHEC and
DC Education Licensure Commission
Certified by SCHEV to Operate in VA

Financial Aid if you qualify
Job Placement Assistance
Convenient DC, MD & VA Campuses
Convenient AM, PM or Weekend Classes

1(888)403-5884
www.sanz.edu **GO!**
Washington, DC Silver Spring, MD Falls Church, VA

expressnightout.com **expressnightout.com**
XX072 lv.5 XX072 lv.5

Earn Your Degree
MEDICAL ASSISTANT
SANZ 1(888) 407-8222

PHLEBOTOMY
In 10 Weeks
1-866-611-6448
CTO SCHEV

Become a Medical Billing and Coding Professional
CTI Career Technical Institute
888.639.6277

CONSTRUCTION MANAGEMENT
Earn a degree in Construction Management at Westwood College
Call 877-789-7323 today to receive your free Career Success Kit!
www.westwood.edu/locations

Become a Certified Computer Technician
CTI Career Technical Institute
888.639.6244

PHARMACY TECHNICIAN TRAINING!
Learn the skills you need to work in pharmacies at drug stores, hospitals, grocery stores and more!
CALL TODAY! 888-805-2333
SANFORD-BROWN INSTITUTE
8401 Corporate Dr. Suite 500 Landover, MD 20785

HELP FIGHT CRIME WITH A CAREER IN CRIMINAL JUSTICE!
Train in Criminal Justice or Information System Security!
Ongoing Career Services Assistance.
Financial Aid for those who qualify.
For a Brochure, Call Now! 888-791-3444
Sanford Brown College - Vienna

DENTAL ASSISTANT
In 10 Weeks
1-866-611-6448
CTO SCHEV

WESTWOOD COLLEGE
Earn a bachelor degree in just three years at Westwood College
Call 877-852-9712 today to receive your free Career Success Kit!
www.westwood.edu/locations

Learn Medical BILLING & CODING
Financial Aid if qualified
Job Placement Assist.
Day, Eve, Weekend
1(888) 407-8222
CTO SCHEV
Programs and schedules may vary by campus

MEDICAL BILLING & CODING SPECIALIST
In 10 Weeks
1-866-611-6448
CTO SCHEV

Insyte
InsyteTraining.com
DOD 8570 Certs! **FINANCING AVAILABLE!**
**call now for details
COMPTIA Veterans Benefits & GI Bill Approved
A+, Network+, Security+ WIA Approved
MICROSOFT Paid Internships & Job Referrals!
MCSE, MCTS, MCITP
CISCO DAY, EVENING & SATURDAY CLASSES
CCENT, CCNA, CCNP
SECURITY **LOWEST PRICES!**
CISSP, CEH, CHFI, CISA
CALL 703.535.8600

GET THE SKILLS EMPLOYERS WANT TODAY!



Medical Office Assistant

- Medical Coder
- Medical Biller
- Medical Receptionist
- Medical Claims Adjuster
- Medical Insurance Processor



Office Administration

- Administrative Assistant
- Receptionist
- Customer Service
- Accounting Assistant
- Accounts Payable & Receivable

*** Financial Aid Available If Qualified * Placement Assistance Available**

CTI Career Technical Institute **888-639-8766**
Formerly Career Blazers Learning Center 2131 K St. NW
Btw. 21st&22nd St.

WESTWOOD COLLEGE
Earn a bachelor degree in just three years at Westwood College
Call 877-852-9712 today to receive your free Career Success Kit!
www.westwood.edu/locations

PREPARE FOR A NEW LIFE!
Make a difference, even with the little ones as a Diagnostic Medical Sonographer. Train in less time than you think!
Career Services Available
Financial Aid for those who qualify. Training includes an externship!
For a Brochure, Call Now! 888-805-2333
SANFORD-BROWN INSTITUTE
8401 Corporate Dr. Ste 500 Landover, MD 20785

A better tomorrow starts today!
Offering career training in IT and Networking Design
Call Now to Change Your Life!
1-866-203-9186
www.ACIDifference.com
3 Convenient Locations
• Wheaton • Baltimore • Columbia
Financial aid available to those who qualify.
AMERICAN CAREER INSTITUTE

PHLEBOTOMY
Training workshops
Doctor's Help 301-567-5422

A Bar Career
In 1-2 Weeks
Days, Eve & Weekend Classes
Free Lifetime Local & National Job Placement Assistance
Call for nearest location 1-866-411-2NIX
www.authenticbartendingmd.com
tips **Free Parking** **M metro**

TRAIN FOR A CAREER AS A HOMELAND SECURITY SPECIALIST AT EVEREST COLLEGE!
Graduate in less time than you think!
TRAIN FOR A CAREER IN CRIMINAL JUSTICE AT EVEREST COLLEGE!
FINANCIAL AID AVAILABLE FOR THOSE WHO QUALIFY
CALL NOW!
1-888-461-3609
Visit us online at www.SeeEverest.com
VA Schools are CTO SCHEV
Everest COLLEGE

TRAIN FOR A CAREER IN MEDICAL ASSISTING AT EVEREST COLLEGE!
Graduate in less time than you think!
TRAIN FOR A CAREER IN MASSAGE THERAPY AT EVEREST COLLEGE!
FINANCIAL AID AVAILABLE FOR THOSE WHO QUALIFY
CALL NOW!
1-888-291-1351
Visit us online at www.SeeEverest.com
VA Schools are CTO SCHEV
Everest COLLEGE
Everest INSTITUTE

CAREER TRAINING

ADVERTISE in the Career Training Section

Call Peter Sande
202-334-6938
sandejp@washpost.com

BUSINESS AND FINANCIAL OPPORTUNITIES

Teachers/Nurses-Earn \$1000 per month
working from home part-time. Training
provided. Call 888-226-4811

Vending Rt. Must Sell. Hi-Vol Hotels
& Schools. Fredericksburg, Ashburn,
Centerville, Fredrick, Baltimore. 202-439-6100

SERVICE SOLUTIONS

Work From Home Here's how you can make
\$6,000+ per month from home, anyone can do it
www.stayrecessionfree.com

STUFF

3Pc King Pillowtop matt set. \$250.
New in plastic. Can deliver. 301-399-7870

3Pc Sofa set \$395. New in Cartons.
Microfiber Chair available. 301-343-8630

6Pc Cherry Bedroom set. New in boxes.
Take \$450. 301-399-7870

A bed \$145 Queen Pillowtop mattress set.
New in plastic. Can del. 240-372-6691

BLOWOUT SALE!

Carpet \$1.69 sq ft. Hardwood floor \$5.98 sq ft.
Price includes installation. 301-341-2499

BUYING GOLD!—\$1 - \$10000, 301-437-7622. NO
JEWELRY!

CABIN FEVER GALLERY: Furniture, Finishes, Folk
Art & Whimsy. Historic Downtown Bedford PA
814-623-6900; cabinfevergallery.com

Cherry Bedroom Set—Solid Wood, never used,
new in factory boxes. English Dove-tail. Orig cost
\$4500. Sell \$795. Can deliver. Tom 202-558-2136

DELL LATITUDE LAPTOP—\$319, D610 MODEL,
FACTORY REFURBISHED CDRW DVD, LIKE NEW, 2
MOS WARRANTY 301-864-0150

IBM THINKCENTER P4 2.8Ghz—\$149, SFF 1.5GB
RAM 40GB HD; CDRW XP VA 703-821-1400; MD 301
931-6630

Large Persian Kashan rug!—\$675, 8'x11' Rockv,
301-793-1046, handmd Iran, 4'x6' & runner aval gr
cond.

LEATHER LIVING ROOM SET—In original plastic,
never used. Orig price \$3000, sacrifice \$975. Can
deliver. Call Bill 202-558-7647

MATT \$125 full sz set new in plastic.
Can del. 240-372-6691

Solid Hardwood Brazilian Cherry Flooring -
3600 S.F., \$2.25 per SF. 301-860-1190

PETS

7 PUPPIES-Yorkies—Small Adorable Pre-spoiled
\$600-2-M/11 wks, \$800-1-M & 4-F AKC Registered,
S/W 301-395-5690

ADOPT A CAT/KITTEN—Vet checked.
Call Feline Foundation.
703-920-8665 www.ffgw.org

BEAGLE PUPS - Purebred, male/female,
shots/wormed, Tri-colored. Family Raised. 8 weeks
\$175 Call 540-582-5552 or 540-840-2897

GOLDEN RETRIEVER PUPS- Mom CKC, Dad AKC,
shots, vet checked, Males and Females. 8 wks.
\$400. Southern, MD. Call 240-346-8917

Lab—Pups AKC Blk POP Health Cert. Vet Ck. Ref
1st shots, wormed. Rdy 10/29 Deposit holds
choice. \$40-948-5418

Miniature Pinsc—\$900 OBO, Male, 7 months old,
dewormed & all shots, carrier & leash, (want to sell
asap - started working) 240-832-1392

MINIATURE PINSCHERS 2 males - \$350 each, 1
Female - \$450. 7 weeks, tails docked, 1st shots.
202-241-4876 or 240-398-6527

Olde English Bulldogges- M&F, CKC, IOEBA,
UCA Cert. Ready to go. Call 703-906-0589

PUG PUPPIES — AKC, 1st shots & wormed,
Fawns & Blacks, M/F, \$600. Micro-chipping avail
9 weeks old. 540-788-4046

WHEATEN-CAIRN TERR- home bred see parents,
SOFT NO shed/allergies, cr/ptr Trnd Social, lap-
dogs. Fursonality.com 10 wks. 540-286-0633

YORKIE AKC PUPS — 8 weeks, M/F, S/W, baby
doll faces, very cute & tiny, health guaranteed.
\$575+ . Call 410-486-1557

YORKIE & MALTESE - 8 wks & up. All sizes,
S&W, M/F, AKC lines, Adults avail. \$550+.
540-894-5333 or 703-346-4064

RENTALS

A 4 Bed Hud Home! Only \$359/mo!
Must see! 5% down, 30 years @ 8%
For Listings 800-585-3617 xR680

ADELPHI EHO
*If You See It,
YOU'LL WANT IT!!*

- Better than new renovations
- New kitchens
- Controlled access buildings
- Direct bus service to Metro
- 1 & 2 BRs available

1 & 2 BR's 1 1/2 MONTHS FREE
Call for 3 BR Special
FREE UTILITIES for 6 Months*
*subject to change

Sienna Creek 301-825-9045

ADELPHI, MD. EHO

WHAT'S NOT TO LIKE?

Completely Renovated
1 & 2 BR-1 1/2 MONTH FREE

- Call for 3 BR Special
- **FREE UTILITIES FOR 6 MONTHS***
 - New appliances
 - Open living areas
 - Controlled access buildings
 - UMD Shuttle Stop on-site
 - Minutes to I-495
 - 1,2 and 3 BRs available

ARBOR VISTA
301-825-9046

*subject to change

AFFORDABLE FORECLOSURES!
4BR 2BA \$269/mo! 3BR 2BA \$219/mo! (5%dn,
15yrs @8%) For Listings 800-585-3617 X R716

Alexandria EHO

Heritage at Old Town

1BR: \$1133*
2BR: \$1310*

Receive a **FREE** flat screen television
with 1-year lease!! **

- * Great location in historic Old Town Alexandria
- * Walking distance to shops & restaurants
- * Close to Metro
- * **FREE PARKING**
- * Vouchers Accepted
- ** Restrictions Apply

431 S Columbus St
Alexandria, VA 22314
(703) 549-4343

ALEXANDRIA

1ST Month FREE!
OAKS OF WOODLAWN

799 Old Colony Way, Alex, VA 22309

1 Bedroom \$1075
2 Bedroom \$1315

- Great location five minutes to Ft. Belvoir
- 15 min or less to 95, 495, DC, Old Town
- Full size washer/dryer in each apartment
- 24-Hour Emergency Maintenance
- Free water and trash

CALL TODAY FOR DETAILS!
(866) 711-7880

*limited time offer

Alexandria/Virginia (Old Town) EHO

MONTICELLO LEE APARTMENTS

THE "GOOD LIFE" STARTS AT YOUR FRONT DOOR

Located in the most coveted
Southeastern Quarter of Old Town!

EFFICIENCIES FROM \$965
1 Bedrooms from \$1287
CONTEMPORARY APARTMENTS AVAILABLE
BRAND NEW REMODELED
HIGH END KITCHENS AND BATHS!

Courtyard Views! Fitness Center
Gleaming Hardwood Floors
Oversized Closets
Ceiling Fans
Separate Dining Rooms
Controlled Entry System
CALL NOW TO SCHEDULE YOUR VISIT!
(866) 798-2377

ALEXANDRIA EHO

The Station at Potomac Yard

BRAND NEW COMMUNITY
in the heart of Alexandria, VA
877-345-7027

- **2 bedrooms from \$1174**
- W/D in each home
- .5 mi to 2 METRO Stations
- Underground Parking
- Pet Friendly*

*Call for Details. Income Restrictions Apply

Alexandria

Huntington Garden Apartments

Completely renovated throughout

- Full Kitchens with microwave/ice makers
- Granite Islands
- Walk to Huntington Metro
- Ceramic Tile baths
- Less than 1 mile to I-95/495
- Individual climate control
- Walk to shops and restaurants
- Hardwood/Carpet Fitness Center
- Cyber café

1,2,3 bedrms starting at \$975

Call 888-615-7439 for more
information and to arrange a tour

ALEXANDRIA-Route 1 EHO

CARYDALE VILLAGE APT & TH

1 BR TH \$700 1 BR/den \$800
2 BR TH \$998 2 BR apt \$900
3 BR TH \$1200
Must see to believe!!
703-780-6244

Be a Part of It!

Cherry Arms

Apartment Homes

- **1 & 2 Bedroom Apartments**
- \$0 Application Fee
- All Credit Considered
- Cats Welcome
- Walk-In Closets
- Balconies or Patios
- Fully Equipped Kitchen
- Swimming Pool
- Playground

Ask about Fairfax
County Teacher, Fire,
Police & Student
Discounts!

7131 RICHMOND HIGHWAY • ALEXANDRIA, VA 22306

cherryarms.com

703.765.9241

NE

Ames Street Apts.

3533 Ames St. NE Was, DC 20019

All 1 Bedrooms only \$725/month!

Renovated 1 bedroom apts!
Near Minn Ave Metro Station
On Site Laundry Facilities
24 Hour Emergency Maintenance

Showing apts. 7 days a week!
Call Dominique @ 301-803-0938
for an appt. TODAY!

ARLINGTON NORTH, VA- Large Efficiency, attrac-
tively furnished, Near Courthouse & Rosslyn Metro.
\$1200 includes utilities. Call 703-201-7888

Arlington EHO

2 MONTHS FREE!

- Beautifully renovated with brand new
kitchens & baths
- Walk to Ballston METRO, on bus line
- Convenient to shopping
- Studio, 1 and 2 Bedroom Apartments

call for details

Gates of Ballston
703-875-8607

www.leaseatgates.com

Arts District in Hyattsville

MOVE-IN SPECIAL

1 & 2 Bedroom Apartments

Lovely Setting
Nr. the New ARTS DISTRICT
Close to Shopping & Metro

CASTLE MANOR
Call TODAY!
866-464-0993

Bladensburg EHO

A BLOWOUT SPECIAL

YOU WON'T BELIEVE IT!

1, 2, & 3 BEDROOMS
STARTING AS LOW AS \$700*

- Free Cable/HBO
- Individually Controlled Heat
- 24 Hour Fitness Center
- Magic Johnson Computer Learning Center
- 24 Hour Emergency Maintenance
- Laundry Facilities
- Patio/Balcony

Autumn Woods Apartments

5033 57th Avenue
Bladensburg, MD 20710
301-779-5078

Landex Management - Where communities Begin
*Restrictions Apply

BLADENSBURG EHO

Phoenix Fall Specials!

2 Months Free* PLUS
6 Months Free Utilities*

- Spacious floorplans
- Large closets
- Newly Renovated Apts. Available
- Controlled access

The Phoenix
866-807 0429

5802 Annapolis Rd, Bladensburg, Md.
www.phoenixaptsmd.com

- *select apts.

Bowie, MD—\$2375, 4BR/3BA, garage, model home
cond. 340-332-1027

Kings Gardens

Apartment Homes

1, 2 & 3 Bedrooms
(Dens also available) Move in Today!

- Charming, quaint, small town feel with city convenience.
- Hop, Skip and a Jump to Restaurants, Shopping & Huntington Metro.
- Easy Commute to Old Towne, D.C., Maryland, National Harbor, Ft. Belvoir & more.
- A waiting your application. **PAY NOTHING** to apply. *For a limited time only.*
- Parking Included, Gas & Water too!
- Eliminate the headaches. **Service Guarantee.**
- Relief from the hustle and bustle.

866.277.1218

6300 SOUTH KINGS HIGHWAY, ALEXANDRIA, VA
kingsgardens.net

A Southern Management Community

EQUAL HOUSING
OPPORTUNITY

Capitol Heights EHO

Highland Ridge Apartments

First Come-First Serve

1 Bedrooms from \$799.00
2 Bedrooms from \$899.00

FREE application Fee plus
\$300 MOVES YOU IN

HURRY! Only a Few Apartments Left
Must move in by October 31, 2009

888-240-4569

CAPITOL HEIGHTS - Beautiful SFH with plenty of
yard space.
301-760-7105 www.robandvic.com

CAPITOL HEIGHTS, MD- 3BR, 1FBA, 2HBA. Near
Metro and stores. \$1350. Available immediately.
Open Sun 12-2. Call 202-257-5685

Capitol Heights EHO

ADDISON CHAPEL APARTMENTS

A GREAT VALUE...CONVENIENT LOCATION

PAY NO UTILITY BILLS*
ALL UTILITIES INCLUDED*

1 BEDROOMS FROM \$799
2 BEDROOMS FROM \$899
FOR A LIMITED TIME ONLY!

BRAND NEW CONTEMPORARY OPTIONS AVAILABLE!

¼ MILE AWAY FROM DEANWOOD METRO
Controlled Access...NEWLY REMODELED
PARTY ROOM!

CALL NOW
(866) 574-7408
1525 Elkwood Lane
*FOR A SMALL FEE
WWW.ADDISONCHAPEL.COM

Carlyle @ Harbor Pointe

Newly Renovated Apartment Homes
Only Gated Community in Oxon Hill, Md
Walk to Wall Carpet
Upgraded Kitchen with Breakfast Bar
Minutes away from New National Harbor
Military discount available

Call for Specials
1 Bedroom \$699.00
2 Bedrooms \$799.00
3 bedrooms \$999.00
Free Pro-Rate

5618 Livingston Terrace
Oxon Hill, Md 20745
301-839-4000 office

Hours: Mon-Fri 9-6, Sat 10-5, Sun 11-5
Tues and Thurs Open Late
We are a Pet Friendly Community

Centreville—\$1700, 3br gar. TH, 2.5ba, 3 flrs, 9ft
cell, deck, patio, gas heat & FP, lots Hw flrs, 703-980-
7743

**ZERO
APPLICATION
FEE**
Limited
Time Only



RENTALS

Cheverly Crossing

3839 64th Ave. Landover, MD

1 and 2 BR renovated apts \$850!

Reduced Sec. Deposits!!!

No App Fees, just bring proof of income & driver's License!!!

Call Dominique @ 301-803-0938 to schedule your appt!

Clifton—\$1,300 + electr, 2 BR, 2 BA, 1031 sf gr level condo, Hlth Fac, Pool, DW, WD, porch, parking, new WW Carpet, fresh paint, 703-981-9081

COLLEGE PARK- 3 Br, 2 Ba SFH newly remodeled, close to Univ of MD & Beltway, \$1700. 240-463-8150/202-210-2914

DEANWOOD 1 & 2 BR \$849-\$1199 Voucher OK! 240-582-7584. dcmethod@gmail.com

Effic and 1BRs available, hardwood floors, laundry facilities in complex from \$695 for more information please call 301-937-0100 Mon-Fri 9-4pm

Fairfax - 1 & 2BR garden style apts. All utls. incl. No security deposit, walking distance to shopping center & Metro. Pls call 703-280-4050 for more info.

VANTAGE

At Merrifield Town Center

Steps away from everything

Vantage is a fully amenitized class A+ community featuring:

• Outdoor Pool

• Garden Terrace

• Club Room

• Library

• Theatre Room

• Cats and Small Dogs Welcome

• Retail Shops and Restaurants

• Steps Away

• Shuttle to Dunn Loring - Merrifield Metro Station

8190 Strawberry Ln.
Falls Church, VA 22042

571.297.4760 Call Now!

FORT WASHINGTON - Immaculate SFH, 4 bdrm, 2.5 ba, garage, finished basement, frpl, \$2100/mo. Call 301-237-9043

Gaithersburg—Lakelands 3 br, 2.5 ba, 3 Fls, 2 Car garage 240-793-9239.

Germantown—\$1,600, lakefront luxury 3 levels, w/o bsmt, 2 br, 2 1/2 ba, Car port, pool, 301-963-4446

VANTAGE

At Merrifield Town Center

Steps away from everything

Vantage is a fully amenitized class A+ community featuring:

• Outdoor Pool

• Garden Terrace

• Club Room

• Library

• Theatre Room

• Cats and Small Dogs Welcome

• Retail Shops and Restaurants

• Steps Away

• Shuttle to Dunn Loring - Merrifield Metro Station

8190 Strawberry Ln.
Falls Church, VA 22042

571.297.4760 Call Now!

FORT WASHINGTON - Immaculate SFH, 4 bdrm, 2.5 ba, garage, finished basement, frpl, \$2100/mo. Call 301-237-9043

Gaithersburg—Lakelands 3 br, 2.5 ba, 3 Fls, 2 Car garage 240-793-9239.

Germantown—\$1,600, lakefront luxury 3 levels, w/o bsmt, 2 br, 2 1/2 ba, Car port, pool, 301-963-4446

VANTAGE

At Merrifield Town Center

Steps away from everything

Vantage is a fully amenitized class A+ community featuring:

• Outdoor Pool

• Garden Terrace

• Club Room

• Library

• Theatre Room

• Cats and Small Dogs Welcome

• Retail Shops and Restaurants

• Steps Away

• Shuttle to Dunn Loring - Merrifield Metro Station

8190 Strawberry Ln.
Falls Church, VA 22042

571.297.4760 Call Now!

FORT WASHINGTON - Immaculate SFH, 4 bdrm, 2.5 ba, garage, finished basement, frpl, \$2100/mo. Call 301-237-9043

Gaithersburg—Lakelands 3 br, 2.5 ba, 3 Fls, 2 Car garage 240-793-9239.

Germantown—\$1,600, lakefront luxury 3 levels, w/o bsmt, 2 br, 2 1/2 ba, Car port, pool, 301-963-4446

RIVERDALE

1, 2, & 3 BR Apts Huge 2 BR Townhomes

Parkview Gardens

888-251-1872

6400 Riverdale Road • Riverdale, MD 20737

GATED COMMUNITY

Furnished Apartments**

• Fitness Center on Property

• Beautiful Kitchens-Granite Countertops**

• Washer/Dryer**

• Outdoor & Indoor Pools

• Free 6 week summer camp

**Select Units

FREE CABLE & INTERNET

1 BRs Only*

1-BRs from \$895

*Subject to change.

Call for details.

Call Now For Our FANTASTIC SPECIAL

LANDOVER

Kings Square Apartments

877-898-6958

3402 Dodge Park Road • Landover, MD 20785

HYATTSVILLE

Fleetwood Village Apts

866-315-8849

721 Chillum Road • Hyattsville, MD 20783

FREE WATER, GAS HEATING & COOKING

• Right on DC and Maryland line

• Close to Fort Totten & West Hyattsville Metro

• FREE APPLICATION FEE

• Free 6 wk summer camp

• Convenient to shops, schools and I-495

Call Now For Our FANTASTIC SPECIAL

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4

CALL FOR FANTASTIC SPECIALS!

EQUAL HOUSING OPPORTUNITY

Forestville

EHO

OAKCREST TOWERS

APARTMENT HOMES

ALL UTILITIES INCLUDED*

EFFICIENCIES, 1 & 2 BEDROOMS

\$739 - \$1206

\$250 OFF MOVE IN FEES!

Controlled Access...Gated Entry...Tennis Courts

Fitness Center...Convenience Store...Dry Cleaners...1.5 Miles to Metro...Party Rooms...Accent Walls...Brand New Renovated Apartment Options...and so much more!!!

For a limited time only / SOME RESTRICTIONS APPLY

CALL NOW

(888) 831-6315

2100 BROOKS DRIVE

FORESTVILLE, MD 20747

*FOR A SMALL FEE

WWW.OAKCRESTTOWERS.COM

Parkland Village

2BR Only \$1049!

1BRs \$899 immediate move in. includes w/d inside each apartment, cac, dishwasher, wall to wall carpet, control access entry bldgs. Income restrictions apply. No pets EHO

All credit considered CALL TODAY.

1-888-568-1730

Fort Washington

EHO

All utilities included

2brs from \$1074

3brs from \$1370

* Walk-in closets

* Full equipped kitchen

* Patios & balconies

* Convenient to 495 & 295

River Pointe

888-261-8640

8340 Indian Head Highway

Fort Washington, MD 20744

FORT WASHINGTON - Immaculate SFH, 4 bdrm, 2.5 ba, garage, fin bsmt, frpl, \$2100/mo. Call 301-237-9043

GREENBELT Within Walking Distance to Metro

EMPIRIAN VILLAGE

HAS IT ALL!

Rents start at \$ 699*

UP TO 2 MONTHS FREE ON OUR TOWNHOMES!

All Credit Considered

Foreclosure Applicants Welcome

5 Minute Pre-Approval

866-513-7965

6220 Springhill Dr., Greenbelt Md 20770

limited time offer . Call for Details!

*Must Move in by 10/26/09

Hillcrest—2800 Texas Avenue, \$1400 2bd1bth

VOUCHER HOUSING heat incl 2/6698473

Check out our 2 Bedrooms!

Highview Terrace

Apartment Homes

• All Utilities Included

• Renovated Kitchens & Bathrooms

• On-Site Metro Shop

• Wall-to-Wall Carpet

• Walk-in Closets

• Swimming Pool

• Playground

• Picnic Areas

• Open Parking

7004 Highview Terrace, Hyattsville, MD 20782

highviewterrace.com

888.867.0906

Hyattsville

EHO

University City Apartments

\$99 Security Deposit w/approved Credit

FREE APPLICATION REBATE - upon move-in

ALL UTILITIES INCLUDED

For a small fee

1 & 2 Bedroom's from \$779 - \$1029

BEAUTIFUL RENOVATED APARTMENTS AVAILABLE

Free Accent Wall

GREAT DISCOUNTS FOR Teachers, Police, Students, Firefighters & Nurses

some restrictions apply

CALL NOW 866-405-6986

2213 University Blvd.

Hyattsville MD 20783

HYATTSVILLE

Immediate Occupancy

\$599 Move In Special on 2BRs only!

Must move in by 11/30/09

1BRs \$650

3 BRs

starting at \$900

Electric/Gas Not Included

Close to public transportation & shopping center

Call now for details

301-277-6610

Hyattsville-Md-Beautiful Garden Style Apts all utilities included & FREE parking Close to 410 and Rt.1, bus lines, PG Plaza METRO, AVAILABLE NOW!

Call 301-779-6037 or visit WWW.UIPPM.COM

Landover—\$1300.00 + utls, 2 br, 1 ba, 3 Fls, New Crpt, 240-893-4065

LANDOVER-3BR, 2.5BA, TH Exc cond, hwdw/tile, deck, good loc. nr trans. O/S Parking. \$1,495. 301-728-5867

Largo—\$1550, 2br/2ba Condo, Wlk to Metro, DW, WD, Balc w/ lake view, Tennis Crts, Gas FP, 301-458-0346

Landover

Summer Ridge

TWO MONTHS FREE RENT!* on selected units

1,2 & 3 Bedrooms Available

Less than perfect credit and foreclosures welcome

• Semi-Gated Community

• FREE After Care Program

• Central AC/Heating

• Computer Lab

• Wall-to-Wall Carpeting

• Free Parking & Metro Accessible

866-658-4287

www.summerridgeapartments.net

1829 Belle Haven Drive, Landover MD 20785

Mon-Fri: 9-7 • Sat: 10-5 • Sun: 12-4

*Restrictions apply.

Timberlawn CRESCENT

N. Bethesda townhomes only ½ mi from Grosvenor Metro on Tuckerman Lane

NOW OFFERING \$250 OFF FIRST MONTH'S RENT & NO APPLICATION FEE

2 Bedroom 2 bath with den staring at \$1,875

Includes Free Parking

877-461-7603 | 5707 Luxemburg St.

www.Bozzuto.com

National Harbor—Upscale Waterfront Condo 1BR1.5BA, 1DEN at the new National Harbor! 1650/MONTH Felicia 301-908-3995

NE

JETU APARTMENTS

869 21st St

1 BR \$745

2BR \$845

• FREE UTILITIES

• Wall-to-Wall Carpet

• Resident Controlled Entry

• On-site Laundry & Playgrounds

• 24-hr. Emergency Maintenance

• Steps away from Cafe, Shopping & Metro

• Pick your accent wall

877-814-0692

William C. Smith & Co./EHO

www.wcsmith.com

NE Kenilworth Ave \$1386.00

LOTUS SQUARE APARTMENTS NOW LEASING

2 br, 2 ba, 800 Kenilworth Avenue, Washington DC, all utilities included, V/D in apt. Exercise room, Nice Apts. Nr Pub Transp MOVE IN SPECIALS call 202-388-3901

NE- Renovated 6BD, 3BA, detached home with off street parking, close to metro, vouchers welcome available immediately. 202-251-2264

NE Woodridge -Large Sun Lit Eff 1BR & 2BR Available NOW! Close to multiple bus lines and Rhode Island Ave Metro and Downtown DC Starting at \$700 and up.

Call 202-244-3811 or Visit WWW.UIPPM.COM

NORTHEAST

PURE PLEASURE!

Fort Chaplin Park

4212 East Capital St. NE

One Block from Metro - Free Off-Street Parking

Window Treatments - Landscaped Courtyards

One & Two Bedroom Apartment Homes

Three Bedroom Townhomes

5% Disc. Metro & DC Govt Employees

877.269.4216

M-F 9-5. Sat 11-3

Housing Choice Vouchers Welcome where Rents are Within Voucher Limits

NW 25 Bates St.-Newly renovated 3BR, 1.5BA eat in kitchen, new wall to wall carpet, washer/dryer, central heat near Metro \$1950.

Delwin Realty 301-608-3703 X103

NW 55 Bates St.-5BR, 2BA new kit, new wall to wall carpet, nr Metro. \$2700

Delwin Realty 301-608-3703 X103

VIEW

DISTINCTIVE NEW APARTMENTS ON THE U STREET CORRIDOR.

VIEW14.COM | 866.335.0114

BOZZUTO MANAGEMENT

level2

CENTRUM PROPERTIES INC

NW Brightwood -Eff 1BR & 2BR Apts. Available NOW! Close to multiple bus lines, downtown DC, Downtown Silver Spring Located on quiet tree lined street starting at \$700 and up

Call 202-244-3811 or Visit WWW.UIPPM.COM

Oxon Hill—\$1,750 Lease, 3br, 3 1/2ba, Large TH, DW, WW, WD, Hw Flrs, Gar, CAC, 240-481-5083

OXON HILL- 3BD, 1BA, \$1475/month. \$500 deposit. Ready November 1st. Near public transport. (703) 901-6402

1/2 OFF

1ST MONTH'S RENT!*

PARKWAY TERRACE APTS

1 & 2 BRs fr \$770

• Walk to Metro/Tennis Courts

• W/W Carpet or Hardwood avail

• Keyed entry ways

• Parklike setting w/picnic tables and bbq grills

• \$20 APPLICATION FEE*

MAXIMUM INCOME LIMITS APPLY

301-735-5200

3415 Parkway Terrace Drive Suitland, Md. 20748

Mon-Fri 9-5. Sat. 10-4

Managed by the E&G Group

*must move in by 11/15/09

SE

EHO

GREAT SPECIAL!

CALL FOR DETAILS

1 BR: \$775

2 BR: \$875

• Great location in a park-like setting

• Gas, hot water & heat included

• Laundry facility on property

• Intercom access to every bldg.

Banneker Place Apts.

(202) 584-1688

Professionally Managed by CIH Properties

Randall Highlands

Hillside Terrace

1812 23rd St., SE

1-866-646-7056

Open House

Thursday Oct. 22nd

5:00PM-8:00PM

and

Saturday Oct. 24th

10AM-2PM

Zero Application Fee!

\$300 Off 1st Month's Rent!

Rents Starting From \$795

*Beautiful Apartment Community

*All New Kitchens and Baths

*Ample Closet Space

*Close to Shopping

*On & Off Street Parking Available

William C. Smith + Co./EHO

www.wcsmith.com

RENTALS

RIVERDALE

East Pines Terrace

RIVERDALE

\$99 MOVE IN

- ☆ Spacious Studios
- ☆ 1 BR & 2 BRs
- ☆ Walk-in Closet
- ☆ Balconies
- ☆ Laundry Room

Free Gas - Near Metro

Delwin Realty

301-577-7917



6747 Riverdale Rd. Riverdale, MD 20737

Riverdale

EHO

\$500 off 1st Month

- FREE gas cooking & hot water
- New kitchens
- Large closets
- Minutes to I-495, B/W Parkway & New Carrollton Metro

Auburn Manor

888-332-6003

6821 Riverdale Rd

Income Restrictions apply ask for details

*on select apts for qualified applicants

SE-2 BR Apts & Condos, w/w carpet, W/D, D/W, CAC, heat, \$1400/mo. section 8 ok all Jerome 202-321-5596

Silver Spring Foreclosure!

5 BR 2 BA. Only \$238/mo! (5% down, 20yrs @8%) For Listings 800-585-3617 x.1543

Rockville

Rocklin Park
708 Lenmore Ave.
Rockville, MD 20852
301-294-9448

1BR \$995
2BR From \$1050

1 Month Free Rent!*

- *Great Location
- *Remodeled kitchens
- *wall to wall carpet
- *Walk to Metro
- *On Metro bus route
- *Convenient to shopping and dining

William C. Smith + CO./EHO
www.wcsmith.com

Rosecroft Mews Apartments
2428 Corning Ave
Ft Washington, Md 20744
1-866-652-4957

\$799.00 One Bdrm
\$899.00 Two Bdrm

Newly Renovated Apartment
Homes
Spacious Apts, Wall to Wall Cpt,
Washer, Dryer, Dishwasher, Fitness
Center+more
Hours Mon-Fri 9-6 Sat 10-5

Must move in by Oct 31st, 2009

SE
2801 Pennsylvania Ave., SE
EFF \$685

3101 Pennsylvania Ave., SE
1BR From \$805

- Beautiful Hardwood Floors
- 24-hr maintenance
- Metro Accessible
- Short Distance to Capitol Hill
- Accessible to Downtown DC & Outlying Areas

202-581-3692

William C. Smith + Co./EHO
www.wcsmith.com

S.E./4196 Livingston Rd —2BR, CAC, W/W.
\$800+ utils. 301.952.6495.

SE

Alexander Gardens
1615 17th St., SE
Washington, DC 20020
1-866-654-5604

1 BR from \$685

- Refinished hardwood floors
- Wood grain cabinets
- Individual controlled heat-a/c
- Resident controlled access

William C. Smith + Co./EHO
www.wcsmith.com

SE Apartments- Sun lit Eff and 1br Available NOW!
Starting at \$750 and up. Close to Pennsylvania and
Minnesota, multiple bus lines and Metro.
Call 202-244-3811 or Visit WWW.UIPPM.COM

SE- Brand New beautiful 1br homes starting at
\$1183 Private parking, W/D in unit, CAC, stainless
appliances, dishwasher and so much more. Call
202-244-3811 or Visit WWW.UIPPM.COM

SE

Cascade Park Apts.
4236 4th Street, S.E.

2 Bedroom Specials

Spacious 2,3 & 4 BRS. available
Immediate availability

Convenient to shopping, Green Line
Metro, On-Site Laundry
Section 8 Welcome Call Now!

202-562-1600
www.novodev.com

SOUTHWEST

EFFICIENCY
1 AND 2 BEDROOM APTS
AVAILABLE NOW!

W/W carpet, Central Air/Heat, Dishwash-
er, Laundry facility, Free Parking
A Perfect location on Metro

Eagle's Crossing

116 Irvington Street SW,

Washington DC 20032

(866) 416-1325

M-F 9-5, Sat/Sun 10-4

Housing Choice Vouchers Welcome

SE

EHO

Southern Ridge Apartments
1 Bedrooms available
for immediate occupancy!

- Minimum and Maximum income requirements set
- Move in specials with this ad
- Must move in by November 20, 2009 to qualify for move in special

Call Monday-Friday, 9am-5pm for details
(202)562-3200

S.E./Forest Cove —2BR Condo, w/d, CAC \$875
& up, 202-889-9226.

SE/NR Minn 2BR AC, gas heat, good credit
required. section 8 ok. 202-546-0704

Trinidad—\$1500, 3 br, 1 ba, 1 1/2ba, 1917 Gallaudet
St NE, WD, Hw Flrs, 202-437-6965. Section 8 ok.

Welcome Home to the Village of Parklands

Customer Service...Shopping...Convenience...Recreation...

\$300 OFF
1st month's
rent

1 BRs from \$725

GARDEN VILLAGE

1720 Trenton Pl., SE • 1-866-286-2476

- Free Gift Card Application
- Free Metro Shuttle
- Free Heat
- Minutes From THEARC
- Reduced Security Deposit
- Free Parking
- Next to Super Giant & IHOP

Daily 8-5, Wed. 8-7, Thur. 8-7, Sat. 9-4



www.villagesofparklands.com

William C. Smith & Co.

Welcome Home to the Village of Parklands

Customer Service...Shopping...Convenience...Recreation...

FREE
GIFT CARD
w/application

1 BRs from \$750

MANOR VILLAGE

1717 Alabama Ave., SE • 1-866-286-2476

- Reduced Security Deposit
- Free Metro Shuttle
- Free Parking
- Free Heat
- Next to Super Giant & IHOP
- Minutes from ARC

Daily 8-5, Wed. 8-7, Thur. 8-7, Sat. 9-4



www.villagesofparklands.com

William C. Smith & Co.

LANDOVER

Maple Ridge

888-583-3045

2252 Brightseat Road • Landover, MD 20785

- Gated Community
- Free Gas & Water
- State-of-the-art fitness center
- Free 6 week summer camp
- * select units

FREE
NOVEMBER
RENT*
1BRs start
at \$850

OXON HILL

Colonial Village

888-583-3047

908 Marcy Ave. • Oxon Hill, MD 20745

- FREE UTILITIES
- Swimming pool
- Free 6 week summer camp
- Private balconies/patios
- Minutes to Metro, DC, Virginia, and 495

CALL
ABOUT
FANTASTIC
SPECIALS

LANDOVER HILLS

Calvert Hall Apartments

877-203-6036

3817 64th Ave. • Landover Hills, MD 20784

- Gated Community
- FREE Gas & Water
- Free 6 week summer camp
- B/W Parkway, Metro, 495
- New Walmart Across the Street
- FREE APP FEE W/THIS AD

ASK
ABOUT OUR
MOVE-IN
SPECIAL

HYATTSVILLE

Fletchers Field Apartments

866-805-0782

5249 Kenilworth Ave. • Hyattsville, MD 20781

- FREE UTILITIES
- Spacious and modern apts
- Wall to Wall carpet
- Dishwasher
- Private balconies/patios
- Free 6 week summer camp

CALL
ABOUT
FANTASTIC
SPECIALS

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4



Welcome Home

COLLEGE PARK, MD

Seven Springs Village

888-425-8068

9310 Cherry Hill Road,
College Park, MD 20740
SevenSpringsVillage.com

from the
\$900s

- All Utilities Included
- Onsite UMD & Metro Shuttles
- Pool & Fitness Center

Summerlyn Place

888-804-3324

14706 Normandy Court
Laurel, MD 20708
SummerlynPlaceApts.com

from the
\$800s

LAUREL, MD
LIVE FREE THRU 2010!

- Each apt. w/washer & dryer
- Designer Kitchens
- Ask About Free Rent

Crestleigh

888-210-4306

9556 Muirkirk Rd.
Laurel, MD 20708
Crestleigh.com

from the
\$1100s

- All Utilities Included
- Each apt. w/washer & dryer
- Spacious homes w/deluxe kitchens

Cypress Creek

888-217-1901

5603 Cypress Creek Drive
Hyattsville, MD 20782
CypressCreekApts.com

from the
\$800s

- Each apt. w/washer & dryer
- Eye-Opening Renovations
- Spacious and open floor plans

Eastdale

888-469-3614

6021 67th Avenue
Riverdale MD 20737
EastdaleApts.com

from low
\$1000s

- Spacious floor plans with huge closets and updated kitchens!
- Great location close to Metro

Regency Pointe

866-906-4875

3253 Walters Lane
Forestville, MD 20747
RegencyPointeApts.com

from the
\$790s

FORESTVILLE, MD

- Huge apartment homes
- Walk to shopping and dining
- Near 495

Remington Place

866-838-0265

2600 Brinkley Road
Ft. Washington, MD 20744
RemingtonPlace-Apts.com

from the
\$800s

FORT WASHINGTON, MD

- All Utilities Included
- w Remodeled Apts.
- Minutes to 495, 295 and National Harbor

REALTYAPTS.COM



RENTALS



NOW LEASING

Studio | 1BR | 2 BR

Call for Daily Specials

888.311.0910

GEORGIAN

8750 Georgia Avenue | Silver Spring | MD 20910
leasing@GeorgianApts.com | GeorgianApts.com & 

SOUTHWEST, DC

EXPERIENCE THE COMFORT & CONVENIENCE OF EASY LIVING



Utilities Included

Capitol Park Plaza

NOVEMBER RENT FREE if move in by 11/14/2009

Studios from \$795 • 1 BRs from \$1050

1/2 Off Security Deposit

201 I Street, SW,
Washington, DC 20024
1.877.870.0243
Mon.-Fr. 9am-6pm • Sat. 10am-5pm
www.capitolparkplaza.com

Minimum Salary Requirements \$32,320

☆ Balconies with Spectacular Views

☆ Sparkling Swimming Pool

☆ 24-hr Fitness Center

☆ Walk to Downtown, Waterfront,

Shopping, Restaurants, Nationals

Stadium, Museums & Four Metro

Rail Stations

Military and Government discounts
Limited Availability, Restrictions Apply *On Selected Apartment Homes





Welcome Home

Colespring Plaza

from mid \$1100's

SILVER SPRING, MD

888-892-1108
1001 Spring St.
Silver Spring, MD 20910
ColespringPlaza.com

• All Utilities Included

• Blocks from Silver Spring Metro

• Hardwood floors

Rollingwood Apts

from the \$1300's

SILVER SPRING, MD

888-700-5456
2535 Ross. Rd.
Silver Spring, MD 20910
Rollingwood-Apts.com

• Renovated Apt. Homes Available

• Minutes to Bethesda & downtown

Silver Spring • Minutes to Metro

Colesville Towers

from the \$1500's

SILVER SPRING, MD

888-784-5648
8811 Colesville Rd.
Silver Spring, MD 20910
ColesvilleTowers.com

• All Utilities Included

• Blocks from Silver Spring Metro

• Metrobus and RideOn bus at doorstep

Waterford Tower

from the \$1000's

SILVER SPRING, MD

888-892-1121
14000 Castle Blvd.
Silver Spring, MD 20910
WaterfordTowerApts.com

• All Utilities Included

• Largest floor plans in the area

• Newly renovated amenities

Parkside East

from the \$1000's

SILVER SPRING, MD

888-702-1254
710 Roeder Rd.
Silver Spring, MD 20910
ParksideEastApartments.com

• All Utilities Included

• Private Parking Garage

• Close to Silver Spring Metro



REALTYAPTS.COM

SE

Cedar Heights
1510 Butler St., SE
(866) 765-3761

Open House Saturday Oct. 24th
9AM-2PM

Free Rent Move In October Or November!!!

Enter A Raffle to WIN A \$600 Gift Card!!!

2BR Starting From \$865
3BR Starting From \$980

Newly Renovated
Spacious Floor Plans & Closet Space
Laundry Facilities
Controlled Access

William C. Smith + CO./EHO
www.cedar-heights.com

SE

EHO

Save
More Than \$1000*

2BR w/2 baths-\$1089

* Washer/dryer in apt
* Large floor plans
* Individual alarm system
* Minutes to Metro bus & rail

Royal Courts
202-561-1788
3719 4th St. SE Wash, DC
Income restrictions apply

*on select apts

SE

New Horizon
2607 Naylor Rd., SE
1-866-494-0238

1BR starting at \$725

*Beautiful Apartment Community
*All New Kitchens and Baths
*Ample Closet Space
*Close to Shopping
* Off Street Parking Available

William C. Smith + Co./EHO
www.wcsmith.com

SE/The New Anacostia

Spacious, Well Designed
Effcy, 1 and 2 Bedroom Apts.

UTILITIES INCLUDED

THE BEST VIEW IN THE
CITY!

MARBURY PLAZA

Minutes from VA, Downtown DC, 395 & Metro
24-Hour Maintenance Service

2300 Good Hope Rd. SE
888-798-1916
(call for specials)
www.beaconmanagement.com

SE

Washington View
2629 Douglas St., SE
1-877-801-4266

\$300 off First Month's Rent
and Free Application Fee

2BR Starting at \$899

*Spacious Floorplans
*Individually Controlled Heat & A/C
*Balconies & Patios
*Controlled Access
*Sparkling Swimming Pool
* Fabulous Views of the City

William C. Smith + CO./EHO
www.wcsmith.com

SE

EHO

WOW! GREAT DEAL

Come and see
what the excitement is all about!

River Hill Apartments

* \$250.00 off 1st months rent on 1 & 2 BRs!
*Must move in by October 30, 2009!
*No Application Fee!

• Completely Renovated
• Large rooms w/wall to wall carpet
• Pools & Playground
• Laundry Rooms

*Call Immediately!
(202) 562-5060
Near Bolling AFB

Professionally managed by CIH Properties, Inc.

SE

Ridgecrest Village Apartments™
2000 Ridgecrest Ct., SE
Washington, DC 20020
(866) 505-8057

2 & 3BRs Starting At \$1050

All Utilities Included!!

• Newly Renovated Apartment Homes
• Large floorplans
• Spacious closets
• Choice of Wall to wall carpet or Hardwood
Floors
• Laundry on-site
• Off-street parking
• Free Shuttle Bus to Metro
• Convenient to shops at Park Village & Brand
New Library
• THEARC Just Blocks Away

William C. Smith + Co./EHO
www.wcsmith.com

SE

Wilmington Place
106 Wilmington Pl., SE

1BR Special Starting @ \$710
2BR Special Starting @ \$810

1-866-906-0330

*Spacious Floor Plan
*Hardwood Floors
*Walk-in Closets
*Walk to Metro

William C. Smith + Co./EHO
www.wcsmith.com

ShIPLEY Park Apartments
2532 Southern Ave., SE
Washington, DC 20020
1-888-286-7195

Open House October 12th
10AM-8PM

2BRs Starting at \$875

Zero Application Fee!
Bring Your \$100 Holding Fee to
Reserve Your New Apartment
Home!!

*Newly Renovated Apartment Homes
*Hardwood Floors
*Oaks Kitchen Cabinets with Breakfast Bar
*Microwave, Dishwasher, Garbage Disposal
*Controlled Access
*Central Heat & A/C
*Laundry Facilities
*FREE Shuttle Bus
*Near THEARC

William C. Smith + Co./EHO
www.wcsmith.com

TWINBROOK AREA

EHO

FREE Heating!

One-bedroom apt. available now! Starting at
\$1050/mo. Wall-wall carpeting, lots of closets,
clothes care center, playground & storage space.
Near Twinbrook Metro (Red Line), Rockville Pike &
downtown DC. Call for an app't. TODAY!

HALPINE HAMLET APTS.
301-762-5455

*Leasing Office located at 254. N. Washington St.
Rockville, MD

SILVER SPR/Forest Glen Metro

CONVENIENCE -PLUS!
Ask About Our
\$499
Move In Special

1 BEDROOM GARDEN APTS
UTILITIES INCLUDED

Forest Glen Apartments
CALL TODAY! 301-593-0485

Silver Spring

EHO

WINDSOR COURT
AND TOWER APARTMENTS

2 BEDROOM SPECIAL!
\$1100 PER MONTH
1 MONTH FREE RENT
No Application Fee with ad
Plus Gas and Electric

Security Dep starts at \$99 depending on credit

Stop in or call today!
13802 Castle Blvd., #103
Silver Spring, MD 20904
888-255-6159

Silver Spring

UP TO
3MONTHS
FREE!*

• New Appliances
• New Cabinets
• New Clubhouse, fitness & busi-
ness center

Woodvale
(866) 522-5427
*on select apts. Call for details

South East

THE
OVERLOOK
Families and Seniors

3700 9th Street, SE
Washington, DC 20032

• Brand New Unit Interiors
• One & Two Bedroom Floor Plans
• Individually Controlled Heat
& Air-Conditioning
• On-Site Laundry Facilities
• In-Unit Washer/Dryers
(selected floor plans)
• FREE High-Speed Internet Access
• Much, much more!

888.644.2773
theoverlookdc.com
M-F 9am-5pm, Sat 10am-4pm,
Sun 1pm-4pm



1/2 OFF 1st
MONTH'S RENT

South East



PARK NAYLOR

• Central A/C & Heating
• Free Heat & Gas
• Community Center
• Large Swimming Pool
• Controlled Building Access
• Renovated Apartments

• Patios/Balconies
• Ask About Our Government
and Senior Discounts
1 BR starting at \$895
2 BR special \$999 - \$1,099
2 BR DUPLEX \$1090

888-703-6882

2562 Naylor Road, SE • Washington, DC 20020

RENTALS

OPEN HOUSE

SATURDAY, OCTOBER 31st • 11AM-4PM
SUNDAY, NOVEMBER 1st • 12 NOON-5PM



Time is running out, don't miss our Special

- Sunfilled Affordable Apartments
- In A Great Location
- FREE Gas & Heat • FREE App Fee
- No-Security Deposit
- Free-Rent - Ask Us How

1 BR SPECIAL - \$755*
*New qualified applicants only

FRIENDSHIP CROSSING APTS.

57 Galveston Street, SW • Washington, DC 20032
888-711-1543

Professionally Managed by CIH Properties, Inc. *New Applicants Only!

SOUTHEAST EHO 1 MONTH FREE!*

Meadow Green Courts!

Convenient to shopping, schools, Dishwasher. Walk-in closets. Wall to Wall Carpeting.

5% DISC. TO METRO & DC GOVT EMPLOYEES

877-595-7389

3539 A Street SE
Housing Choice Vouchers welcome where rents are within voucher program limits
*MUST MOVE IN BY 12/1/09

Southeast EHO Newly Renovated 2 & 3 Bedrooms The Village at Chesapeake

- W/W carpet & Hardwood Floors
- Central Air
- Near DC/MD METRO
- On-site Laundry
- 24hr. maintenance
- Future On-site Learning Center
- Affordable Section 8 Welcome
- Subject to criminal and credit checks
- Controlled access buildings

Ask About Our Move -In Specials!!!

202-561-2050 M-F 8-5 Sat. 10-2
• A VESTA PROPERTY

Suitland, MD EHO HUGE Apartments

**1 BR \$880
2BR \$1025
3 BR \$1250**

- Washer/dryer in all apts.
- Oversized Closets
- Large balconies for relaxing
- On Metro bus line
- 2 & 3 BR w/Dens also a available

FOREST VILLAGE

888-805-6423
4400 Rena Rd., Suitland, MD 20746

SUITLAND EHO 2 Blocks to Metro 1 & 2 BRs starting at \$850

- Washer/dryer in every apartment
- Remodeled Apartments
- Oversized closets
- 2 blocks to Suitland & Addison Rd. Metro

Shadyside Gardens

877-338-2594
2641 Shadyside Ave
■ Suitland, MD 20746

SUITLAND

COME FALL FOR Pinewood Chase

1, 2, 3 bedrms & some w/ dens available
Prices starting at only \$800!

\$99 Move In

Plus security deposit and Must move in by 10/31

Pinewood Chase

Apartments

8601 Regency Park Ct #7
Suitland MD 20746

866-414-2477

www.beaconmanagement.com

SW

WELCOME HOME WINGATE TOWER & GARDEN APARTMENTS

WHERE YOU HAVE THE CHOICE OF HIGH-RISE AND GARDEN-STYLE LIVING. GREAT LOCATION, MINUTES TO SHOPPING, DINING, 495 AND THE METRO

Features:

- Gated community
- 24 hour front desk Attendant
- On Metro bus line
- After School Programs
- Play grounds, Swimming Pool
- On site laundry
- Spacious floor plans

AND MUCH MUCH MORE AVAILABLE OCCUPANCY
1 BEDROOM- 4 BEDROOMS
\$750-\$1,490
CALL FOR SPECIALS

Wingate Tower and Garden Apartments
202-563-2651 or
202-563-5652

4660 Martin Luther King Jr. Ave., SW
Washington, DC 20032
Office Hours: Mon-Fri 8:30AM-4:00PM
SATURDAY 10:00AM-4:00PM

Takoma Park

EHO

WINSLOW HOUSE APARTMENTS

Immediate Availability for a spacious
1 Br Apt in Takoma Park

- Individually controlled heat & a/c
- Wall to Wall carpet
- Vouchers are welcome

Call Kathy today:
301-585-3750
TTY 1-800-735-2258

Equal Housing Opportunity

Takoma Pk/Silver Spring

3 BEDRM. APTS.
from \$1162 to \$1342

BELFORD TOWERS

- minutes from downtown DC
- easy and quick access to major hwy's. & transportation
- 1 and 2 Bdrm. apts. also available

866-485-9179

belfordlease@beaconmanagement.com
or on the web
www.beaconmanagement.com
Pricing & Specials are subject to change.
• Equal Housing Opportunity

Temple Hills

OXON PARK & OXON TERRACE APARTMENTS
EZ ON THE BUDGET
1-BEDROOM \$735.00/\$805.00
2-BEDROOM \$845.00/\$925.00

AND A GREAT MOVE-IN SPECIAL FOR YOU
½ OFF 1ST MONTHS RENT

- ALL UTILITIES INCLUDED
 - WALL-WALL CARPET
 - THREE BLOCKS FROM SOUTHERN AVE. STATION
 - READY FOR IMMEDIATE OCCUPANCY
- HURRY!!! LIMITED TIME**
■ **CALL US TODAY! 301 894-3030**

Temple Hills

EHO

Chance to Win Redskins tickets, flat screen TV and more!

1 BRs from \$799 2 BRs from \$899

- Spacious rooms & closets
- Free Gas Heat & Cooking
- Free Brinks Alarm System

Harbour Manor
888-309-6929

4513 23rd Parkway
Temple Hills, MD 20748

*on select apts, ask for details

TEMPLE HILLS

2 BEDROOM EXTRAVAGANZA

RENT SPECIAL
\$950/mo*

Participate in our Canned Food Drive
Bring in your canned food donation and receive a
FREE Application Fee.

Call Now, ask for Angel
301-423-7799

*limited availability/please call for details
EHO

TEMPLE HILLS

1 MONTH FREE!!!

1 Bedroom 1 Bath from \$799
2 Bedroom 2 Baths from \$1105
3 Bedroom 2 Baths from \$1215

1-866-906-6857

Heather Hill Apartments
5837 Fisher Rd. Temple Hills, MD 20748
www.heatherhillapts.com

- Metrobus stop outside your front door
- Brand New Business/Entertainment Center
- Spacious Floorplans w/ large closets
- Swimming Pool
- Small Pets Welcomed

Washington D.C. HUD!
4BR 1BA only \$359/mo! 5% d/n, 15 yrs@8% APR
For Listings 800-585-3617 xT136

Concerts, movies, events,
restaurants and more.

express
nightout
expressnightout.com

XXI72 txl.5

METRO POINTE

NEW LUXURY APARTMENTS

877.464.9081 ▶ MetroPointeApts.com

Directly above Wheaton Metro-Red Line

Now offering up to 2 months free rent!

Prices starting at \$1,356.

11175 Georgia Avenue ▶ Wheaton, MD 20902

ROOMMATES

ADELPHI/Hyattsville—Room for rent in apt to shr, \$550/mo utls incl. No pets Available now
Call **240.413.5316**

ALEX/22312- 1 Rm, Prof Male, Available in SFH with pvt. entrance/parking. No smoking No Pets. \$580 includes all. Call **703-869-9267**

Alexandria - Fairfax County—\$1000 util incl. YOUR area: 2 BR, prvt bth, lvg rm, share ktchn/lndry, non-smkr. 703-489-6071

ANNANDALE—1 lrg priv. rm \$575 & 1 priv walk-out bsmt \$860, all utls incl, quiet/prvt area, rented to serious, responsible person, please Call **571-332-5601** or email: **vajoya@yahoo.com**

ARL-Share hse. Near Ballston Metro. Immed. Rm \$550. Rm \$675. Rm w/prvt ba/entry \$795 + utils. Call **703-599-7572**

BETH—Prof M share 4BR hse nr NIH. Prvt entr. & BA; cac; w/d; lrg yd; no pets; avail now. \$601 + dep. Incl utls/pho/cable **301-530-8947**

BOWIE-ROOMS FOR RENT \$500/mo for room \$1200 for basement apt includes utilities, 240-551-6306

Capital Heights—\$165/wk, furn, cable, temple hills, cap, hghts, BOWIE, 301-537-5433

College Park—SFH to Shr, Nr shops/transp/UMD. Quiet & clean area. \$500 incl utls 301-717-9057

College Pk/Metro—2 bks. SFH. \$590. HBO, WiFi, W/D, fridge/micro in rm. Shr kit/BA, phone. NS. **301-254-7385**

DISTRICT HEIGHTS—F Pref, Furn BR in SFH, Priv BA, Shr Kit, cable & utls inc, \$650/mo+dep NS, NP. Nr mall & transp. Avail 11/1 **240-691-6974**

FT WASHINGTON—Shr SFH. Fully furn Rm w/ refig, microwv, CATV, free phone. \$175/wk. Please call **202-253-6203 for more information**

FT. WASH—Lge furn rm. F, carp, w/d, utls inc w/ free cbl. \$550.
301-292-1615 or 240-381-7650

LANHAM—2 furn. rooms avail, share house. A/C. N/S. On Ruxton Dr. \$540 & \$560. Utilities incl. **240-645-2380**

LARGO/KETERING—Shr hse. 1/2 mi to PGCC, shopping \$550. Dep req. Cable, utls. incl. **301-758-8219**

LAUREL, MD-Large BR, share BA \$575 or pvt BA \$675. Share kitchen. All utilities included + cable, telephone, internet. Call **240-899-1379**

MOUNT RAINIER, MD—Beautiful rooms for rent. \$600. All utilities. M/F. Call **301-220-1613**

NW Clean room, kitchen use, near metro, \$600/month. Call **202-722-6181**

NW—Near Metro, house to share, large rooms, available immediately. **202-631-7104 or 202-290-9090 or 202-704-1632**

ROCKVILLE, MD - Share house. Near trans/shopping, 2 rooms, \$450 + utilities unfurn, \$500+utilities furn. No-smokg, No Pets. Avail 11/1. **240-351-5150**

SEVERN-SFH to share. 1BR, \$460/mo Cable and utls incl. Avail immediately **410-551-0029**

SILSPR - Upscale area! N/S/M, shr furn TH. lrg beautiful room, \$639 with utls & gym. Small room. \$595 Avail now. **301-946-7786**

SILVER SPRING N/S, single Share house. Furn suite, Cable/internet, private entrance near trans/shpg, parking, safe area, \$170/week, utls included. Call Sam **301-962-7171**

SILVER SPRING/CLOVERLY - SFH to share. MBR w/BA avail, quiet house Female, \$650. Call **240-277-9616**.

SILVER SPRING- Large room in SFH to share. private BA. Ca. TV & W/D. All utilities included. Near Metro. F pref. \$600. **301-520-6716**

SILVER SPRING, MD—Sharecondo, 1-4 rooms available, next to bus, shopping, near Metro. Pool. Beautiful. Call **703-994-3501**

SILVER SPRING Room for rent, by shopping & University Boulevard, \$550 including all. Call **202-903-3518**

STAFFORD, VA- Rooms in SFH to share, on 3 acre wooded lot, near Quantico & 95. \$550 includes utilities, w/d, sat TV. Call **703-975-8000**

Temple Hill—Pref. Female N/S, shr SFH, conv. location, Nr Branch Ave. Metro, on bus line, \$600 + sec. dep. Please Call **301-449-8641**

Temple Hills—3 lg br, 2 full ba, clean, quiet, Nr Pub Trans, all new eat-in ktchn, Hw Flrs, DR/LR w/Fp/c, gas ht & c/c. WD. \$1200.00. 703-819-0105

TEMPLEHILLS, MD- Room for rent, \$150/week. includes cable, phone, all utilities, w/d, fully furnished. Call **202-438-9554**.

Tyson's Corner—\$1250.00, 5 br, 4 ba, 1 1/2ba, 2403 Shreve hill RD., 202-276-0533

UPPER MARL- Rms in SFH, \$500 or \$600 all utls incl. W/D, nice neighborhood, quiet place. Call **240-423-9930**

Woodbridge/Dumfries - Shr t/h, furn, \$630 Bsmt br w/ priv ba, \$490 br shr ba. Util incl + Dep **703-657-9077**

HOUSES FOR SALE

CAPITOL HGTS-5 Bed 4 Bath Hud Home! Only \$389/mo! Must see! 5% down, 15yrs@ 8% For Listings 800-585-3617 xH705

DC—Immaculate, 2BR, 1.5 BA, Row House. Fin. Bsmt. Fenced yd. \$170,000. **301-237-9043**

HYATTSVILLE- 4 Bed 2 Bath Hud Home! Only \$238/mo! Must see! 5% down, 15 years @ 8% For Listings 800-585-3617 xH053

SELL YOUR HOUSE TODAY!
MD/DC/VA Properties. Any Condition/Area. Call for Free Info. 703-957-5452.

UPPER MARLBORO \$299K

Open Sat 10/31 & Sun 11/1

Brand new SFH. 5BR, 3BA, sep tub & shower, granite & Hwds throughout.
Call Frank **410-982-9041**
(Not a Foreclosure or Short Sale)

RESORT PROPERTIES

OCEAN CITY -Distressed Properties, Great prices now! Too many to mention. Free list. **240-271-5552**

REAL ESTATE SERVICES

1629 K St. NW.—Economic, sustainable officing: On demand ofcs, ph, mail, Net, other svcs. Plans \$55-\$200/mo. OSI **202-835-0680**

AFFECTED BY FORECLOSURE OR SHORT SALE?
We have Rentals! Guaranteed approval! Call The Ratterree Team 703-357-9791 Keller Williams Realty Professional

**** Ask us about our Buyers program for troubled credit! ****

MARYLAND HOMEBUYING Program
If you have an income of \$50K or more and a credit score of 600 or higher, and at least \$5,000 in savings call me today. New Homes, Bank Foreclosures, and Resells.

Raymond Marshall, Long & Foster.
Direct or Text **301-399-0387**,
Office **301-449-9100 x2211**.

STOP PAYING RENT—OWN! Up to \$43K in closing costs 0 down \$40K min income. **240-550-3346**

CARS

\$500! Police Impounds! Cars/Trucks/Suv's from \$500! For Listings 800-585-3563 x 2602

BMW 2007 335—2dr, Exc, 36k, Silver/Blck, 6sp, Man, Sport+ Cold W Pkg, Alum Whls, Pkg Sen, Ipod, Log 7 + sat rad, \$29,850/202-320-9517

COUNTY LINE MOTORS
WE BUY CARS, TRUCKS, SUV'S
BEST OFFERS IN TOWN
WE COME TO YOU
301-498-9222

FORD 1998 EXPLORER only \$1000!
More Trucks and SUVs From \$500!
For Listings 800-585-3563 x C416

TOYOTA 1996 Camry \$1000!
More Toyota's From \$500!
For Listings, 800-585-3563 x C413

HONDA 2001 ACCORD EX-L Coupe, 67k. Silver, manual 5-sp. A beauty! Black leather, Moonroof, 6-disc CD. Original owner. \$6950. 703-819-4800

HONDA 1998 CIVIC - \$1000!
More Hondas from \$500!
For Listings 800-585-3563 x C421

HONDAS FROM \$500!
Police Repos!
For listings 800-585-3563 x C400

JUNK VEHICLES REMOVED FREE CASH PAY FOR ALL
202-714-9835

PORSCHE 356 WANTED A, B, C, Speedster coupe, cab; Pre-74 911/912 any condition, complete or not **203-770-9465/ 860-799-8318**

WANTED 180 GOOD PEOPLE WITH BAD CREDIT
• None Established • Bankruptcies • Judgments
• Charge Offs • Repossessions • Tax Liens

New Test Program For Automobile Financing Special Allocation of Funds

NEED A CAR - CALL NOW
Call Mr. Samuels Today • **1-877-877-5557**
Laurel Kia Used Cars & Trucks

\$\$\$ WILL BUY HONDA ACCORD
1990-2005, any condition. **301-467-0426**

lookout



The Full Monty

Levi Johnston is likely to bare all in his Playgirl photo shoot | **38**



"Bowie: A Biography" is on shelves now.

Navigating The Bowie Labyrinth

A biography of the rocker gives a tour of his twisted life

BOOK | "Bowie: A Biography," by Marc Spitz, tells the fascinating backstory of David Jones, a British teen in the '60s who desperately wanted to make it big. He joins some R&B bands, dabbles in acting and mime, changes his last name to Bowie and records a painful-to-listen-to-now single titled "The Laughing Gnome."

Nothing in particular sticks until he records the 1969 single "Space Oddity." Bowie later goes all-in with his pioneering glam character Ziggy.

Spitz, a music journalist, does a decent job of tracking Bowie's evolution through copious research and interviews.

Spitz clearly gets Bowie, and this is an unapologetic fan-boy biography. But be warned. Spitz is not big on narrative or crafting scenes. Events are recounted, at length, through gushy quotes from Bowie's old chums. **MICHAEL HILL (AP)**

Fighting the Good Fight

Black and Showalter spell out their dynamic as a duo and discuss their show's future

Q&A | Doing an e-mail interview is often disappointing, but with Michael Ian Black and Michael Showalter (the stars of Comedy Central's "Michael & Michael Have Issues"), it turned out to be a blessing in disguise. Black and Showalter are as good at writing as they are at performing — both wrote for "The State" and "Stella," and have written for other TV shows.

The duo will be in Washington on Wednesday as part of the "Michael and Michael Have Tour," which is promoting the uncertain future of their series.

"Michael and Michael Have Issues" paints you two as hav-

expressnightout

→ For more of Express' e-mail correspondence with Michael and Michael, please visit us online.

WWW.EXPRESSNIGHTOUT.COM

ing a complicated relationship: You're always arguing and antagonistic toward each other. Does this happen in real life?

BLACK: Constant. Unending. Circular. Yes.

SHOWALTER: I wouldn't call them arguments. I'd call them tiffs.



RELATIONSHIP WOES: What makes Michael Ian Black and Michael Showalter a fantastic comedic pairing is their willingness to argue with one another constantly.

Where does the conflict stem from?

BLACK: Primarily the conflict comes from two distinct people with slightly different sensibilities trying to make the best show they can make.

SHOWALTER: Since we're both playing versions of ourselves on the show, there's a lot of times when one or the other of us will say, "I wouldn't do that." This usually leads to a long debate.

What's the status of the second season of the show?

BLACK: We're still waiting to hear. The network says they love the show, so we're optimistic they'll bring us back. But we also know that people sometimes kill the things they love.

SHOWALTER: They ordered new scripts. This is sort of like a girlfriend telling you that she "still wants to see other people."

This is the third time you're returning together in some capacity to Sixth & I Historic Synagogue in Washington. Is it a bit unnerving to do stand-up in a synagogue?

BLACK: The first time was very freaky because it's an actual synagogue.; like, a full-on temple. But it's actually a room that's pretty cool. It's intimate, and the audiences are always respectful.

RUDI GREENBERG (EXPRESS)

→ *Sixth & I Historic Synagogue, 600 I St. NW; Wed., 8 p.m., \$30; 202-408-3100. (Gallery Place)*



HOST Hilarious Gent Ricky Gervais has been tapped to host the 67th Annual Golden Globe Awards, which airs live on NBC on Jan. 17 from the Beverly Hilton. The telecast hasn't had a host since 1995. Gervais, who co-created the original BBC version of "The Office," has proven adept at awards show banter during his recent appearances on the Emmys. Gervais recently starred in the feature "The Invention of Lying." His next film, "Cemetery Junction," will be released in April. **(THE HOLLYWOOD REPORTER)**

Great American Novelty

'Weird Al' Yankovic tries to sum up 30 years of parody on one 'Essential' album

MUSIC | In 1976, an accordion-playing teenager and self-proclaimed geek from Lynwood, Calif., sent in a tape of parody songs to Dr. Demento. The young songwriter, named Alfred Yankovic, had written a tune called "Belvedere Cruisin'," about his parents' Plymouth, and a parody of "Jesus Christ Superstar."

More than 33 years later, there are surely geeky teenagers all over the country sending their own homemade songs to "Weird Al" Yankovic, who has become pop music's most durable and beloved parodist. In fact, he has become

something of a national treasure, a patron saint of pop goofs, and his rubbery smirk, long hair, and wiry frame have become as iconic to certain audiences as Madonna's pointy bustier, Kurt Cobain's tattered sweater or Flea's stuffed animal pants.

Beginning with his career-making "My Bologna" in 1979, Yankovic's parodies have been generally good-natured, more silly than satirical. Oddly, "The Essential 'Weird Al' Yankovic" doesn't include "My Bologna," despite its historical importance.

A parody of the Knack's "My Sharona," it so impressed the band that it told its label to sign the accordion player. This new two-disc, 38-track retrospective instead begins with "Another One



"The Essential 'Weird Al' Yankovic" is available today in all of its quirky glory.

Rides the Bus," a Queen parody that Yankovic recorded live on Dr. Demento's show. It's one of his rawest songs, with his accordion mim-

icking that signature riff against an orchestra of armpit farts.

Yankovic is no stranger to greatest-hits packages and ret-

spectives. His first appeared in 1989, less than a decade after his first album. In the 20 years since then, he has released several compilations. But "The Essential" is not only his first hits package in 15 years; it's also the first one that comes across as a real career over-

expressnightout

→ For more of this album review and to watch videos of classic "Weird Al" parodies, please visit us online.

WWW.EXPRESSNIGHTOUT.COM

view, with a mission of repositioning him as a pop force as creative and as powerful as those he routinely mocks.

Thirty years into an unlikely career, Yankovic has outlived so many of his subjects to reach a point where his catalog is far too extensive and far too complex to be summed up so neatly. Pop culture needs him as much as he needs pop culture.

STEPHEN M. DEUSNER

Complete Thanksgiving Dinner for \$2.05!

No one should go hungry on Thanksgiving – especially when it costs so little to serve a complete meal to a hungry and homeless person.

The hearty, traditional turkey dinner that friends like you help provide is the first step in dealing with the problems of homelessness. Then comes help with addiction recovery, job training, education and spiritual renewal.

So please help someone get started toward a new life. Just fill in the Thanksgiving Meal Ticket below. Then mail it with your gift today. *Thank you.*



SERVING THE NEEDY SINCE 1906

YES, I want to help! Here's my gift of:

- ☐ \$16.40 provides 8 meals and hope
- ☐ \$24.60 provides 12 meals and hope
- ☒ \$51.25 provides 25 meals and hope
- ☐ \$102.50 provides 50 meals and hope
- ☐ \$205.00 provides 100 meals and hope
- ☐ \$ _____



Gospel Rescue Ministries of Washington, D.C.
P.O. Box 50940 • Washington, DC 20091-0940
www.grm.org

NAME _____
ADDRESS _____
CITY/STATE/ZIP _____
☐ Check enclosed ☐ I'd like to pay by credit card
Amount \$ _____
Card type _____ Exp. _____
Card # _____
Phone # (_____) _____
Email _____
XSG12 CFC#18948

Thank you!

You will receive a receipt.

CLIP AND MAIL WITH YOUR TAX-DEDUCTIBLE GIFT TODAY.

MEAL TICKET

MEAL TICKET

Original Scratches Populate 'DJ Hero'

Masters of mixing contribute to the new 'Guitar Hero' offshoot

VIDEO GAME | While working on "DJ Hero," DJ Z-Trip nearly broke the upcoming rhythm video game.

For one of his musical contributions to the "Guitar Hero" offshoot, the mash-up maestro crafted a strand during his mix of

Public Enemy's "Bring the Noise" and Justice's "Genesis" that would have required wannabe disc jockeys to scratch on the game's turntable-shaped controller for several seconds. The developers at FreeStyleGames told him it wasn't going to happen.

"They had a laundry list of stuff you could and could not do because of the game's logistics, and that was one of them," said DJ Z-Trip.

Z-Trip — whose real name is Zach Sciacca — relished the task of creating three original tracks. He's one of several DJs providing their mixes and likenesses to "DJ Hero," the Activision-published music game set for release today for Xbox 360, PlayStation 2, PlayStation 3 and Wii.

Unlike "Guitar Hero" or "Rock Band," which usually feature unaltered tunes, "DJ Hero" is made up of more than 90 tracks mixed by

DJs specifically for the game, such as a DJ Jazzy Jeff mash-up of LL Cool J's "Rock the Bells" and the Verve's "Bitter Sweet Symphony," and the Beastie Boys' "Intergalactic" by the late DJ AM.

"I'm glad that he's in the game," said DJ Z-Trip of DJ AM, the celebrity spinner who was found dead of an accidental drug overdose on Aug. 28. "It's been really hard to process AM's passing, because he was a friend." DERRIK J. LANG (AP)



DJ AM, who died on Aug. 28, is one of the artists featured in the game.



Are you an HR professional
who wants a seat at the table?

Master of Arts in Human Resource Management

Flexible: Evening classes to accommodate your schedule.

Practical: Impressive faculty of senior-level practitioners.

No-nonsense Admissions: GRE/GMAT not required.

Options: Generalist and Federal HR tracks.

Open House: Thursday, October 22, 5:30–7 p.m.

Location: Scullen Room, Pangborn Hall, next to Brookland/CUA Metrorail stop.

R.s.v.p.: Metropolitan@cua.edu or call 202-319-5256.

Ask about our Master of Science in Management.

REASON. FAITH. SERVICE.

THE CATHOLIC UNIVERSITY OF AMERICA

Metropolitan School of Professional Studies

<http://metro.cua.edu>



The Path to Success Starts Here ...

Professional Certificate Program

If you aspire to work in exciting fields of special events and meeting planning take the next step to change your career. Enroll in GW's Event Certificate Program today.

Gain industry insights and learn practical tools from leading experts. You will be exposed to the best practices in Event Management, Green Meetings, Event Marketing & Coordination, Event Protocol and much more.

Take classes around your schedule. Traditional weekend courses happening now through November 14, 2009:

Fridays, 5:30 - 9:30 pm and Saturdays 9:00 am - 6:00 pm

ATTEND A FREE INFORMATIONAL SEMINAR

Wednesday, Nov. 7

7:00 - 8:00 pm

Seating is limited.

Register today!

1.877.498.4477

empinfo@gwu.edu

General information

www.gwutourism.org/eventmanagement

THE GEORGE WASHINGTON UNIVERSITY
WASHINGTON DC

The George Washington University is an equal opportunity/affirmative action institution.

Place your Classified ad today.

202-334-6200.

express
expressnightout.com

xx179 3x1

entertainment **lookout**

The Calm After the Storm

A former couple fall out of love on their new album, 'Strict Joy'



CONOR MASTERSON

Glen Hansard (of the Frames) and Marketa Irglova are the Swell Season.

the name of their first album), sell out concert halls worldwide. Hansard and Irglova were a couple for a while, but even though they've since split up, they've put their mind-blowing chemistry to use making more poignant music.

While their debut project ripped your heart out and stomped all over it, "Strict Joy" (Anti-) apolo-

gizes politely and hands your heart back to you. It's not necessarily the breakup album to follow the love story, but it is more contemplative and carefully laid out.

"Strict Joy" is not the tender, spontaneously touching work of art "The Swell Season" was, but it is another example of Hansard's

expressnightout

→ To read more about the Swell Season and for info on its Nov. 9 show at the 9:30 Club, visit us online.

WWW.EXPRESSNIGHTOUT.COM

fate to produce a never-ending stream of brilliant music. And while some of the utter catharsis might be lost, these songs certainly don't lack warmth or technical prowess.

AFTON LORRAINE WOODWARD

CUArch

SCHOOL OF ARCHITECTURE AND PLANNING

Master of City and Regional Planning Master of Science in Sustainable Design

The CUA School of Architecture and Planning offers two new graduate degree programs.

- The only planning program in the District of Columbia
- One of the only sustainability programs in the country
- Flexible degree programs with evening courses
- On the Red Line (Brookland/CUA Metro station)
- Scholarships available and rolling admissions

Info Session

Thursday, October 29, 6-8 p.m.

Location: Crough Center — CUA Campus

R.s.v.p. to sustainability@cua.edu or 202-319-6398

For more information visit: <http://architecture.cua.edu>

architecture.cua.edu • 202-319-5188

THE CATHOLIC UNIVERSITY OF AMERICA

REASON. FAITH. SERVICE.

DO YOU DRINK ALCOHOL?

✓ **Drink daily or almost daily?**

✓ **Are between the ages of 24 and 60?**

We are seeking men and women to study whether a medication for smoking cessation (CHANTIX™) may affect drinking. Volunteers should be healthy and drug-free. Qualified subjects will be reimbursed for their participation. The study lasts nine weeks and requires five outpatient and one overnight visits at the National Institutes of Health Clinical Center in Bethesda MD.

For more details, call

301-496-7500



Do you have ADHD?

This office is currently enrolling participants in a study to evaluate the maintenance efficacy of a medication already approved by the FDA to treat ADHD in adults.

To qualify, you must:

- Be between the ages of 18-55
- Diagnosed with Attention-Deficit/Hyperactivity Disorder.
- Have been on medication for at least 6 months.

Participants will need to come to this office for visits and testing. Study medication, office visits and testing are provided at no cost. Compensation may be available for time and travel.

For more information, please contact our office at 301-984-8800.

WeekendPass makes the weekend noteworthy.
Every Thursday in Express.

Lose weight BEFORE the Holidays!

- Personalized Diet Plans
- 1-on-1 Counseling
- Appetite Suppressants
- Vitamins B12 Injections
- Weight Maintenance
- Supplements

DC's Oldest & Most Successful Medical Weight Loss Program

Est. 1974

202-463-7872

www.docbeale.com

Downtown • 1712 Eye St., NW
Anacostia • MLK Ave, SE

Dr. Beale's Medical Weight Loss Program



lookout expressnightout.com



KEVIN CLARK/TWP



stops

Compiled by Express' Fiona Zublin, Christopher Porter and Erika Kauder. Read more at Expressnightout.com/topstops.

Fabulous Fitness

It's time to whip out those stilettos and pumps, girls — or, rather, boys. The 17th Street D.C. Drag Queen Race has arrived. Every year, thousands line the streets of Dupont Circle to watch hundreds of fabulously tacky runners participate in the 0.2-mile run. Streets start filling up at about 6 p.m., so go early. e.k.

→ 17th Street between Church and R streets; 9 p.m., free; 202-789-7000. (Dupont Circle)

2 Poetic Pairing

Jay Farrar (Son Volt) and Ben Gibbard (Death Cab for Cutie) are an odd pairing on the surface. But their combination of dark Americana and earnest indie-rock makes for beautiful bed-mates on “One Fast Move or I'm Gone,” based on the soundtrack work the duo did on the new Jack Kerouac documentary by the same name. (All the lyrics are taken from Kerouac's 1962 novel “Big Sur,” too.) c.p.

→ 9:30 Club, 815 V St. NW; with John Roderick, 7 p.m., \$28; 202-265-0930, 930.com. (U St.-Cardozo)

3 Tangled Up in Blues

Keb' Mo' (who was born Kevin Moore, in case you were confused) is a blues guitarist. Well, sort of. His music combines blues, jazz, calypso — in short, everything but the kitchen sink. And he could probably get some sweet sounds out of a kitchen sink if you provided one. Check out his show at the Birchmere — if you like it, pick up his new album, “Live and Mo',” a just-released collection of live recordings and studio tracks. f.z.

→ Birchmere, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., \$60; 703-549-7500, Birchmere.com.

REGAL ENTERTAINMENT GROUP

ROCKVILLE CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#

MICHAEL JACKSON: THIS IS IT (PG) ★ 1201 AM
PARANORMAL ACTIVITY - DP (R) - ID REQ'D (100 320 540) 820 1040
PARANORMAL ACTIVITY (R) - ID REQ'D (1200 220 440) 720 940
SAW VI (R) - ID REQ'D ★ (1210 250 520) 800
ASTRO BOY (PG) (200 430) 650 910
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (140 420) 710 950
AMELIA (PG) (1220 330) 630 920
WHERE THE WILD THINGS ARE (PG) ★ (1230 130 300 400) 600 700 840
LAW ABIDING CITIZEN (R) - ID REQ'D (110 410) 730 1035
STEP FATHER (PG-13) (500 PM) 740 PM
OC: STEP FATHER (PG-13) (230 PM) 1020 PM
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (120 340) 620 850
COUPLES RETREAT (PG-13) (1210 200 350) 640 920
ZOMBIELAND (R) - ID REQ'D (1250 310) 610 830 1045
THE INFORMANT (R) - ID REQ'D 930 PM

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#

SAW VI (R) - ID REQ'D ★ (100 200 315 430 530) 715 815 945 1045
PARANORMAL ACTIVITY (R) - ID REQ'D (145 245 415 515) 730 830 940 1040
ASTRO BOY (PG) (130 400) 700 930
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (140 445) 745 1030
WHERE THE WILD THINGS ARE (PG) ★ (100 215 330 440) 640 740 915 1015
LAW ABIDING CITIZEN (R) - ID REQ'D (120 420) 720 1020
STEP FATHER (PG-13) (220 PM) 750 PM
OC: STEP FATHER (PG-13) (450 PM) 1010 PM
COUPLES RETREAT (PG-13) (115 410) 710 1000
TOY STORY 3D - DOUBLE FEATURE (G) ★ (300 PM) 700 PM
ZOMBIELAND (R) - ID REQ'D (210 500) 800 1030
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (110 340) 630 900
MICHAEL JACKSON: THIS IS IT (PG) ★ 1201 AM

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#

AMELIA (PG) (100 400) 700 935
ASTRO BOY (PG) (1230 245 500) 715 940
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (130 415) 705 945
SAW VI (R) - ID REQ'D ★ (1245 300 515) 745 1015
OC: LAW ABIDING CITIZEN (R) - ID REQ'D (420 PM) 1005 PM
STEP FATHER (PG-13) (145 430) 735 1000
WHERE THE WILD THINGS ARE (PG) ★ (110 210 340 440) 630 730 955
LAW ABIDING CITIZEN (R) - ID REQ'D (115 PM) 720 PM
GOOD HAIR (PG-13) (1250 310 525) 750 1010
COUPLES RETREAT (PG-13) (105 405) 650 930
ZOMBIELAND (R) - ID REQ'D (125 335 545) 805 1025
TOY STORY 3D - DOUBLE FEATURE (G) ★ (1235 PM 425 PM) 815 PM
PARANORMAL ACTIVITY (R) - ID REQ'D (1255 315 530) 800 1020
THE INFORMANT (R) - ID REQ'D 915 PM
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (1230 235 445) 655 905
MICHAEL JACKSON: THIS IS IT (PG) ★ 1201 AM

MAJESTIC STADIUM 20

900 Ellsworth Dr. Silver Spring, MD 240-393-4826

MICHAEL JACKSON: THIS IS IT (PG) ★ 1201 AM
SAW VI (R) - ID REQ'D ★ (1200 120 215 345 450) 615 720 840 950 1100
AMELIA (PG) (1245 330) 630 905
ASTRO BOY (PG) (200 430) 705 930
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (140 410) 645 915
PARANORMAL ACTIVITY (R) - ID REQ'D (1255 205 335 435) 610 650 815 910 1015
WHERE THE WILD THINGS ARE (PG) ★ (1230 300 530) 800 1030
RW: WHERE THE WILD THINGS ARE (PG) ★ (125 405) 640 920
LAW ABIDING CITIZEN (R) - ID REQ'D (145 320 425) 605 730 845 1010
STEP FATHER (PG-13) (1155 115 225 350 445) 625 710 855 940
GOOD HAIR (PG-13) (1225 240 500) 715 935
COUPLES RETREAT (PG-13) (1250 230 325 510) 600 745 835 1025
INVENTION OF LYING (PG-13) (1240 PM)
CAPITALISM: A LOVE STORY (R) - ID REQ'D (105 420) 740 1040
TOY STORY 3D - DOUBLE FEATURE (G) ★ (310 PM) 700 PM
ZOMBIELAND (R) - ID REQ'D (130 400) 620 825 1035
SURROGATES (PG-13) (1215 PM)
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (135 335) 635 900

ROYALE STADIUM 14

6505 America Blvd. Hyattsville, MD 301-864-3456

MICHAEL JACKSON: THIS IS IT (PG) ★ 1201 AM
SAW VI (R) - ID REQ'D ★ (100 150 345 415) 700 730 945 1015
RW & DA: CIRQUE DU FREAK: THE VAMPIRES ASSISTANT (PG-13) (140 410) 655 955
PARANORMAL ACTIVITY (R) - ID REQ'D (130 205 340 440) 715 745 940 1010
ASTRO BOY (PG) (105 335) 705 1035
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (135 330) 645 930
WHERE THE WILD THINGS ARE (PG) ★ (125 200 400 430) 640 710 950
STEP FATHER (PG-13) (155 425) 740 1025
LAW ABIDING CITIZEN (R) - ID REQ'D (120 420) 720 1030
COUPLES RETREAT (PG-13) (110 355) 725 1000
GOOD HAIR (PG-13) (105 335) 705 1035
ZOMBIELAND (R) - ID REQ'D (115 405) 735 1020
INVENTION OF LYING (PG-13) 1005 PM

BETHESDA 10

17472 Wisconsin Avenue 800-FANDANGO 565#

ASTRO BOY (PG) (210 430) 650 910
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (155 420) 720 1010
SAW VI (R) - ID REQ'D ★ (100 315 530) 740 1010
STEP FATHER (PG-13) (215 445) 715 940
LAW ABIDING CITIZEN (R) - ID REQ'D (100 345) 715 950
WHERE THE WILD THINGS ARE (PG) ★ (210 435) 700 925
COUPLES RETREAT (PG-13) (205 450) 730 1005
INVENTION OF LYING (PG-13) (220 PM)
PARANORMAL ACTIVITY (R) - ID REQ'D (120 330 440 540) 640 750 845 955 1045
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (150 400) 630 940
MICHAEL JACKSON: THIS IS IT (PG) ★ 1201 AM

BOWIE STADIUM 14

15200 Major Lansdale Blvd 800-FANDANGO 454#

MICHAEL JACKSON: THIS IS IT (PG) ★ 1201 AM
ASTRO BOY (PG) (200 430) 700 930
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (245 525) 650 1030
SAW VI (R) - ID REQ'D ★ (115 300 345 515) 600 730 815 945 1035
PARANORMAL ACTIVITY (R) - ID REQ'D (100 145 315 400 530) 615 745 820 1005 1035
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (210 440) 705 920
LAW ABIDING CITIZEN (R) - ID REQ'D (105 150 355 445) 640 740 1020
STEP FATHER (PG-13) (250 535) 805 1035
WHERE THE WILD THINGS ARE (PG) ★ (130 230 415 455) 645 720 915 945
GOOD HAIR (PG-13) (215 450) 715 950
COUPLES RETREAT (PG-13) (220 500) 725 955

GALLERY PLACE STADIUM 14

701 Seventh St NW 800-FANDANGO 1721#

MICHAEL JACKSON: THIS IS IT (PG) ★ 1201 AM
SAW VI (R) - ID REQ'D (1215 240) 510 730 1000
ASTRO BOY (PG) (1145 210) 430 710 940
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (1130 205) 440 720 1010
SAW VI (R) - DP (R) - ID REQ'D ★ (100) 320 545 810
STEP FATHER (PG-13) (230 PM) 745 PM
STEP FATHER (PG-13) (1200 PM) 505 PM 745 PM
LAW ABIDING CITIZEN (R) - ID REQ'D (1245) 400 715 1030
WHERE THE WILD THINGS ARE (PG) ★ (1130 155) 420 700 930
DANNED UNITED (R) - ID REQ'D (1230 300 530) 800 1025
GOOD HAIR (PG-13) (1150 225) 445 715 950
COUPLES RETREAT (PG-13) (1140 215) 450 735 1030
INVENTION OF LYING (PG-13) (1135 AM)
ZOMBIELAND (R) - ID REQ'D (200) 410 620 835 1045
PARANORMAL ACTIVITY (R) - ID REQ'D (1210 120 250) 350 520 615 740 830 955 1040
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (1155 220 435) 650 915
MICHAEL JACKSON: THIS IS IT - DP (PG) ★ 1201 AM

BALLSTON COMMON STADIUM 12

671 N Glebe Rd 800-FANDANGO 377#

AMELIA (PG) (130 420) 720 1010
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (140 425) 740 1020
STEP FATHER (PG-13) (1245 210 310 435 535) 700 800 950
COUPLES RETREAT (PG-13) (200 500) 650 750 940
CAPITALISM: A LOVE STORY (R) - ID REQ'D (150 PM 510 PM) 800 PM
TOY STORY 3D - DOUBLE FEATURE (G) ★ (330 PM) 730 PM
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (225 450) 710 935
THE INFORMANT (R) - ID REQ'D (105 400) 640 920
PARANORMAL ACTIVITY - DP (R) - ID REQ'D (125 PM) 700 950
JULIE & JULIA (PG-13) (1220 320) 620 910
MICHAEL JACKSON: THIS IS IT (PG) ★ 1201 AM

POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#

MICHAEL JACKSON: THIS IS IT (PG) ★ 1201 AM
PARANORMAL ACTIVITY - DP (R) - ID REQ'D (1245 310 535) 700 1025
STEP FATHER (PG-13) (120 435) 700 925
SAW VI (R) - ID REQ'D ★ (140 240 410 510) 640 740 910 1010
ASTRO BOY (PG) (205 440) 710 940
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (1050 145 430) 730 1015
OC: STEP FATHER (PG-13) (335 PM) 905 PM
LAW ABIDING CITIZEN (R) - ID REQ'D (1250 150 355 455) 650 750 950 1050
PARANORMAL ACTIVITY (R) - ID REQ'D (1255 PM) 625 PM 1140 PM
WHERE THE WILD THINGS ARE (PG) ★ (100 200 345 445) 620 720 900 1000
GOOD HAIR (PG-13) (120 415) 645 915
COUPLES RETREAT (PG-13) (135 425) 725 1020
INVENTION OF LYING (PG-13) (1420 PM) 1030 PM
ZOMBIELAND (R) - ID REQ'D (125 350) 615 840 1105
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (130 400) 630 850
INGLORIOUS BASTERDS (R) - ID REQ'D (1240 PM) 745 PM

KINGSTOWNE STADIUM 16

5910 Kingstowne Towne Center 703-822-4956

MICHAEL JACKSON: THIS IS IT (PG) ★ 1201 AM
AMELIA (PG) (1250 350) 655 930
ASTRO BOY (PG) (1210 230 450) 705 925
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (1140 210 440) 715 955
SAW VI (R) - ID REQ'D ★ (1245 140 305 405 520) 635 800 900 1030
RW: WHERE THE WILD THINGS ARE (PG) ★ (1220 245 510) 735
LAW ABIDING CITIZEN (R) - ID REQ'D (1215 200 300 445) 620 740 910 1015
STEP FATHER (PG-13) (120 430) 700 925
WHERE THE WILD THINGS ARE (PG) ★ (150 415) 645 915
COUPLES RETREAT (PG-13) (1145 225 505) 745 1025
INVENTION OF LYING (PG-13) 1010 PM
TOY STORY 3D - DOUBLE FEATURE (G) ★ (1150 AM 345 PM) 740 PM
ZOMBIELAND (R) - ID REQ'D (1205 220) 435 650
PARANORMAL ACTIVITY (R) - ID REQ'D 1155 1255 215 315 425 530 640 750 850 1005
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (1145 155 410) 625

COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#

MICHAEL JACKSON: THIS IS IT (PG) ★ 1201 AM
PARANORMAL ACTIVITY (R) - ID REQ'D (1210 110 230 330 450 550) 710 810 930 1030
AMELIA (PG) (1250 340) 625 910
ASTRO BOY (PG) (1205 235) 725 950
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (105 405) 700 940
SAW VI (R) - ID REQ'D ★ (1220 150 250 420 520) 650 750 920 1020
OC: STEP FATHER (PG-13) (140 PM) 740 PM
LAW ABIDING CITIZEN (R) - ID REQ'D (1215 115 310 410) 610 705 855 955
STEP FATHER (PG-13) (200 PM) 735 PM
WHERE THE WILD THINGS ARE (PG) ★ (120 220 355 455) 630 730 905
COUPLES RETREAT (PG-13) (1240 325 430) 615 715 910 1000
WHIP IT (PG-13) (140 PM)
INVENTION OF LYING (PG-13) (305 PM) 635 PM 915 PM
CAPITALISM: A LOVE STORY (R) - ID REQ'D (1245 345) 645 945
TOY STORY 3D - DOUBLE FEATURE (G) ★ (1200 PM 400 PM) 800 PM
ZOMBIELAND (R) - ID REQ'D (1235 255 515) 740 1015
SURROGATES (PG-13) (540 PM) 805 PM 1025 PM
FAME (PG) (210 PM)
THE INFORMANT (R) - ID REQ'D (1225 PM)
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (130 425) 655 925

FOX STADIUM 16

22875 Crawford Pkz. Ashburn, VA 703-957-1035

MICHAEL JACKSON: THIS IS IT (PG) ★ 1200 AM
RW & DA: CIRQUE DU FREAK: THE VAMPIRES ASSISTANT (PG-13) (240 520) 750 1020
ASTRO BOY (PG) (230 450) 700 930
SAW VI (R) - ID REQ'D ★ (1230 250 510) 730 1000
WHERE THE WILD THINGS ARE (PG) ★ (1250 210 320 440) 600 720 830 940
STEP FATHER (PG-13) (120 345) 620 840
LAW ABIDING CITIZEN (R) - ID REQ'D (1225 300 540) 815
COUPLES RETREAT (PG-13) (1240 220 330 500) 610 740 850 1015
WHIP IT (PG-13) 910 PM
INVENTION OF LYING (PG-13) (400 PM) 950 PM
TOY STORY 3D - DOUBLE FEATURE (G) ★ (350 PM) 745 PM
ZOMBIELAND (R) - ID REQ'D (110 340 550) 820 1025
PARANORMAL ACTIVITY (R) - ID REQ'D (100 200 310 420 530) 710 810 920 1030
SURROGATES (PG-13) (140 PM 410 PM) 640 PM
FAME (PG) (150 430) 650 900
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (130 425) 655 925

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#

MICHAEL JACKSON: THIS IS IT (PG) ★ 1201 AM
ASTRO BOY (PG) (130 400) 720 940
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (140 440) 730 1010
SAW VI (R) - ID REQ'D ★ (105 200 320 430 535) 700 800 930 1020
NEW YORK, I LOVE YOU (R) - ID REQ'D (115 PM) 650 PM
GOOD HAIR (PG-13) (350 PM) 920 PM
INVENTION OF LYING (PG-13) (410 PM) 715 PM 950 PM
TOY STORY 3D - DOUBLE FEATURE (G) ★ (300 PM) 710 PM
ZOMBIELAND (R) - ID REQ'D (145 450) 750 1015
PARANORMAL ACTIVITY (R) - ID REQ'D (100 150 310 420 525) 640 740 910 1000
FAME (PG) (125 PM)

MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#

ASTRO BOY (PG) (140 410) 630 900
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (230 500) 730 1020
SAW VI (R) - ID REQ'D ★ (1240 220 300 440 520) 720 800 950 1030
LAW ABIDING CITIZEN (R) - ID REQ'D (1230 200 345 450) 650 750 940
STEP FATHER (PG-13) (1250 340) 610 840
WHERE THE WILD THINGS ARE (PG) ★ (100 210 350 430) 620 700 850
COUPLES RETREAT (PG-13) (130 420) 710 1000
INVENTION OF LYING (PG-13) 930 PM
ZOMBIELAND (R) - ID REQ'D (110 320 550) 810 1045
PARANORMAL ACTIVITY - DP (R) - ID REQ'D (240 510) 740 1010
PARANORMAL ACTIVITY (R) - ID REQ'D (150 400) 640 910
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (120 330) 600 830
MICHAEL JACKSON: THIS IS IT (PG) ★ 1201 AM

television **lookout**

Tales From the Salon

In New York, folks talk recession woes while getting their hair cut

SNIP | If you want to hear the truth, go get a haircut. That's the lesson on tonight's "Frontline" (9 p.m., PBS) installment, "Close to Home." The investigative program takes a detour from high-powered profiles of Washington and Wall Street big shots to listen to the clientele at an upper Manhattan hair salon as they discuss, or rather confess, how the recession has affected their jobs, businesses and marriages.

We learn quickly that New York's Upper East Side is hardly the isolated and gilded preserve of "Gossip Girl" fame. Nearly every customer we meet has cut back in some way, and many have been



Salon owner Deborah Boles and her clients are the subjects of "Close to Home."

downsized, furloughed or fired. A once-wealthy woman known as "The Porsche Lady" had to sell her car to pay for health insurance. Men over 50 have spent months, if not more than a year, sending out thousands of resumes, to little avail. Deborah, the owner of the salon, worries about her business

simply evaporating, and her sister tries to stave off foreclosure.

This is hardly an upbeat way to spend an hour, but it puts some real human faces on the biggest news story of our time without resorting to statistics or Dow Jones averages. **KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)**



Charlie Brown and Snoopy play in "It's the Great Pumpkin, Charlie Brown."

like the pros. In addition, watch scary latex masks being cranked out by the thousands while getting a sneak peek at the hottest costumes.

NO-BRAINER

If we've said it once, we've said it

a million times: Don't get yourself wrapped up in an inner-city gang war when you're investigating the death of a Marine. But that's just what the members of the **NCIS** (9 p.m., CBS) team do. Why? Because they don't listen to us.

KICKING AND SCREAMING

On **FLIPPING OUT** (10 p.m., Bravo), the show's principal figures — obsessive-compulsive house flipper Jeff Lewis; assistant Jenni Pulos; housekeeper Zoila Chavez; and Jeff's ex-boyfriend — and possibly ex-business partner — Ryan Brown reunite to discuss the events of season 3 with Bravo's Andy Cohen.

HALLOWEEN SHOW NO. 3

Horror enthusiasts and celebrities gather at the Greek Theatre in Los Angeles for **SCREAM 2009** (10 p.m., Spike TV), the fourth-annual scary celebration of creative talent in the horror, sci-fi, fantasy and comic genres. **(TRIBUNE MEDIA)**

tonight's lineup

HALLOWEEN SHOW NO. 1

So many Halloween TV specials these days are like getting a rock in your trick-or-treat bag, but about 43 years after its first airing, **IT'S THE GREAT PUMPKIN, CHARLIE BROWN** (8 p.m., ABC), is one of the best.

STRUT YOUR STRATEGY

Tonight, the winner of **THE BIGGEST LOSER**'s (8 p.m., NBC) pop challenge gets an advantage in picking out which members of opposing teams will face off at the weigh-in.

HALLOWEEN SHOW NO. 2

The celebration of Halloween has become a \$6 billion economic powerhouse. In this episode of **MODERN MARVELS** (8 p.m., History), we get a behind-the-scenes look at Knott's Berry Farm's annual Halloween Haunt. We also see the manufacturing of Hollywood-caliber monster makeup and learn how to apply it



RENEWALS **Titans of the Food Industry** Bravo has ordered a second season of its "Top Chef" spin-off series, "Top Chef Masters." "Masters" features veteran chefs competing to win money for charity. Food journalist Kelly Choi, pictured, returns as host, with restaurant critic Gael Greene, culinary expert James Oseland and critic Jay Rayner as judges. **(THE HOLLYWOOD REPORTER)**

SHIP'S HATCH

- Retirement & promotion gifts
- flag cases • pen sets
- ships clocks • barometers
- ships bells & wheels
- military ball caps • nautical gifts
- decorations • tables • etc.

1677 Crystal Square Arcade, Arlington VA 22202 • 703-413-6289 • www.shipshatch.com



Frank Sanya
Short Sale Specialist

RE/MAX

2000, REALTORS
Each office independently owned & operated.
(301) 681-1700 (O)

Sell Your House for Less Than You Owe!

Are you worried about making your mortgage payment?
Are you already a month or two behind?
Do you have to sell your house but owe more than it is worth?

CALL ME TODAY AND LEARN HOW YOU CAN:

- Sell your house for less than you owe, and get the lender to release you from any further liability.
- Limit the amount of bad marks on your credit.
- Live in your home **PAYMENT-FREE** until it sells!

CALL ME NOW: (301) 656-1222/(703) 893-0505
or VISIT: www.LenderRelease.com

COMPLETE YOUR MASTER'S DEGREE WITHOUT INTERRUPTING YOUR CAREER

PUBLIC POLICY
PUBLIC ADMINISTRATION
POLITICAL SCIENCE
APPLIED POLITICS
JUSTICE, LAW & SOCIETY

- ★ Nationally top ranked graduate programs — *U.S. News & World Report*
- ★ Top university in the nation for Presidential Management Fellows (2006, 2007, 2008)
- ★ Internationally renowned faculty

Join us for an Information Session
Wednesday, October 28 at 6 p.m.

American University—Mary Graydon Center, Room 2
4400 Massachusetts Ave. NW • Washington, DC

Deadlines for Applications:
Spring 2010, November 1, 2009
Fall 2010, February 1, 2010

For more information contact:

☎ 202-885-6230

✉ spagrad@american.edu

spa.american.edu/exp



SCHOOL of PUBLIC AFFAIRS
AMERICAN UNIVERSITY ★ WASHINGTON, D.C.

75
Years
1934-2009



"XBOX 360 has been touting its Netflix compatibility for quite some time, but, unfortunately, their rocking exclusivity is about to end."

TECHTICKERBLOG.COM REACTS TO NEWS THAT SONY'S PLAYSTATION 3 HAS ENTERED AN AGREEMENT WITH THE MOVIE SERVICE TO STREAM VIDEOS ON ITS GAME CONSOLES.

Poll Center

WHO LOOKS WORSE IN THE WHITE HOUSE VS. FOX NEWS FEUD?

YESTERDAY'S RESULTS AS OF 5 P.M.

WHITE HOUSE 74%
FOX 26%

"The White House definitely looks worse. This is reminiscent of the Nixon administration when it went after the New York Times, and we all know how corrupt that administration was. I guess history has a way of repeating itself."

COMMENTER COMMON KEVIN

"Regrettably, it's the White House. By attacking Fox News, the president and his staff have elevated the network to a status it doesn't deserve. Either grant it interviews and rebut its claims, or ignore it altogether. But don't play this childish game of name-calling."

COMMENTER DIOGENES

SEE HOW YOUR METRO STATION VOTED
WWW.EXPRESSNIGHTOUT.COM



"IS THERE A cooler cop pairing in film history than Dwayne 'The Rock' Johnson and Samuel L. Jackson? Seriously. Think of a better one. You can't do it, can you?"

PUNCHDRUNKCRITICS.BLOG SPOT.COM IS LOOKING FORWARD TO THE RELEASE OF THE CRIME COMEDY "THE OTHER GUYS," SET FOR RELEASE IN 2010.

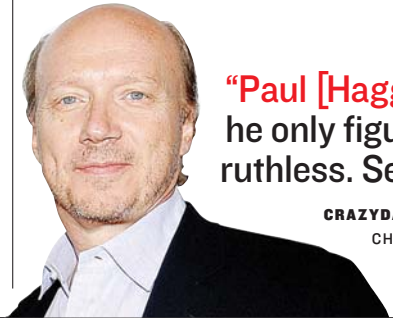


GERALD HERBERT/AP



"Obama has tied George W. Bush in the number of rounds played while in office: 24. The thing is, it took Bush 34 months to reach that number."

ONLINE.WORLDMAG.COM PONDERES THE PRESIDENT'S GOLF HABIT, ADDING, "THE STATISTICS COME COURTESY OF CBS' MARK KNOLLER, WHOSE JOB APPARENTLY IS TO KEEP UP WITH SUCH THINGS."



"Paul [Haggis] was in the church for 35 years and he only figured out this week that they lie and are ruthless. Seriously? It took him that long?"

CRAZYDAYSANDNIGHTS.NET WAS GLAD TO SEE THE FILMMAKER LEAVE THE CHURCH OF SCIENTOLOGY DUE TO ITS STANCE AGAINST GAY RIGHTS.

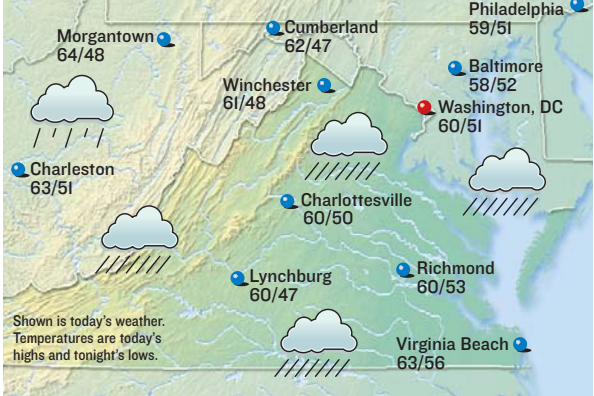
"EVEN IF the employees choose to speak their language on their lunch break, does a boss have a right to demand you speak English to ensure you aren't talking bad about him or her?"

SIDITTY.BLOGSPOT.COM RAISES QUESTIONS ABOUT A NEW MEXICO HOTEL MANAGER WHO PROHIBITED HIS WORKERS FROM SPEAKING SPANISH AND ORDERED SOME TO ANGLICIZE THEIR NAMES.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Rain	Periods of rain	Rain tapering off	Fog in the morning	Partly sunny; nice	A little rain
60°	51°	62° / 52°	68° / 52°	69° / 54°	65° / 53°

Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature	
High	64°
Low	45°
Normal high	64°
Normal low	46°
Average humidity	60%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	3.55"
Normal month to date	2.72"
Year to date	33.52"
Last year to date	40.84"
Normal year to date	32.77"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

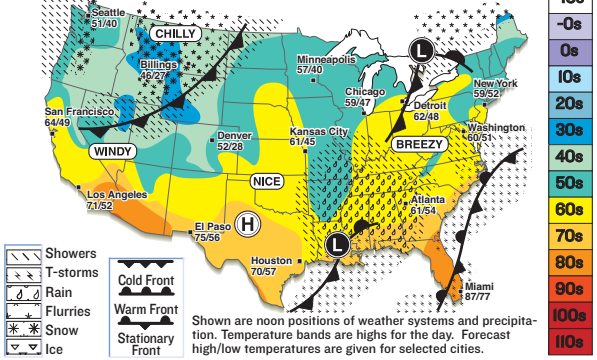
D.C. Metro: Today, cloudy, rain. High 60. Wind north-northeast 4-8 mph. Tonight, cloudy, rain. Low 51. Wind east-northeast 4-8 mph.

Sun and Moon

Sunrise today	7:30 a.m.
Sunset tonight	6:14 p.m.
Moonrise today	3:01 p.m.
Moonset today	1:12 a.m.



National Weather for Tuesday, October 27



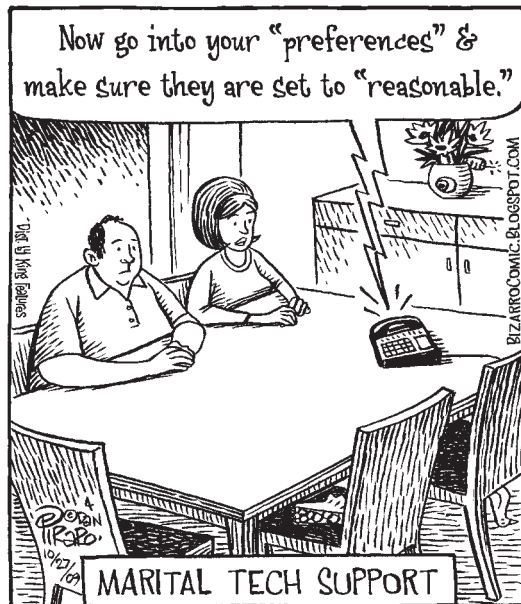
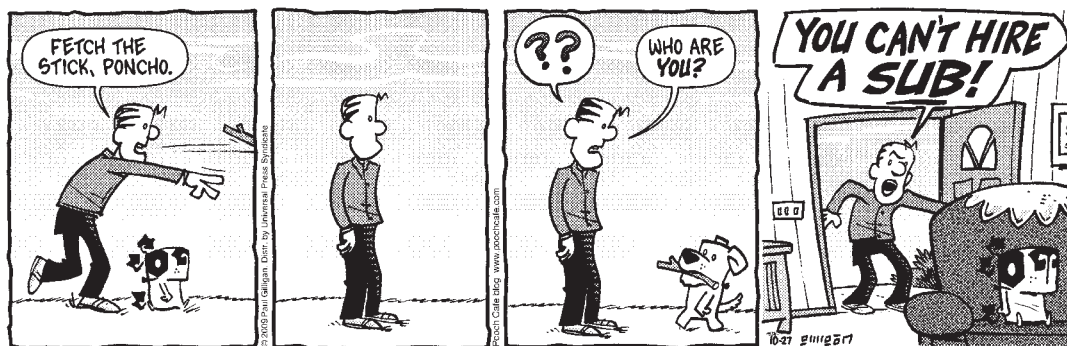
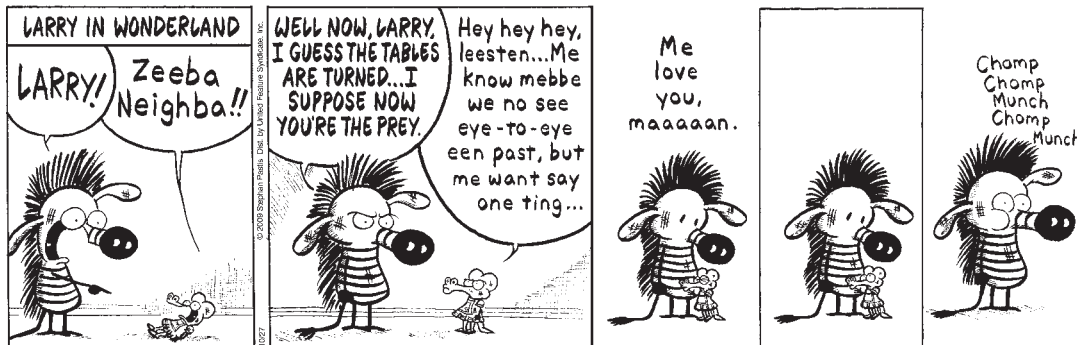
National Cities

City	Today Hi/Low/W	Wed. Hi/Low/W
Atlanta	61/54/r	73/61/pc
Boston	58/47/pc	55/47/r
Chicago	59/47/pc	59/47/c
Dallas	68/52/pc	71/67/s
Denver	52/28/pc	34/25/sn
Honolulu	86/74/pc	86/75/pc
Los Angeles	71/52/pc	68/48/s
Miami	87/77/pc	88/77/t
New York City	59/52/r	59/50/r
Orlando	88/73/pc	90/71/t
Seattle	51/40/sh	48/43/c

World Cities

City	Today Hi/Low/W	Wed. Hi/Low/W
Amsterdam	55/45/c	57/45/pc
Athens	73/63/sh	73/61/pc
Berlin	53/40/c	48/37/c
Buenos Aires	75/55/s	81/57/s
Calgary	42/25/sf	35/19/c
Dublin	61/50/sh	63/52/pc
Geneva	65/40/s	64/47/pc
Moscow	45/36/r	41/36/r
Rome	68/49/s	70/48/s
Sydney	66/59/sh	75/61/sh
Tokyo	70/57/sh	68/57/s

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Bizarro | Dan Piraro**Cornered** | Mike Baldwin**Pooch Cafe** | Paul Gilligan**Pearls Before Swine** | Stephan Pastis**The Duplex** | Glenn McCoy**Horoscope**

By Stella Wilder

SCORPIO (Oct. 23-Nov. 21) You're reaching the end of one path and the beginning of another—and the dividing line isn't likely to be apparent at first.

SAGITTARIUS (Nov. 22-Dec. 21) You may have to pick up the pace in order to synchronize your efforts with the efforts of another working in tandem with you.

CAPRICORN (Dec. 22-Jan. 19) You may receive reports that are misleading. Your investigation is likely to yield information that is more accurate and up-to-date.

AQUARIUS (Jan. 20-Feb. 18) A long-term project will require some attention, but you won't be able to drop everything to give it 100 percent focus.

PISCES (Feb. 19-March 20) Others may not be working at the same pace, with the anticipated result that you'll be waiting longer than expected to move to the next phase.

ARIES (March 21-April 19) Teamwork can improve productivity, but maintain realistic expectations. You can't ask for more than is possible.

TAURUS (April 20-May 20) Someone's unexpected outburst may have you thinking about some adjustments at home or at the workplace.

GEMINI (May 21-June 20) You have much to accomplish at home, but certain other projects may require you to travel some distance—and in little time, too.

CANCER (June 21-July 22) The more people you have working with you, the more you're going to accomplish, certainly. But organization may prove more difficult.

LEO (July 23-Aug. 22) You're in need of some reaffirmation. You can have it if you put yourself in the right frame of mind—and the right situation.

VIRGO (Aug. 23-Sept. 22) Someone with whom you're trying to improve communication may actually be making things more difficult for you—but not for long.

LIBRA (Sept. 23-Oct. 22) Tangled emotions may make a pending decision more complicated. When you have the time, focus on paring things down to the basics once more.

Today in History

1787 The first of the Federalist Papers, a series of essays calling for ratification of the U.S. Constitution, is published in a New York newspaper.

1904 The first rapid transit subway opens in New York City.

1938 U.S. company DuPont announces the invention of nylon.

1990 Roman Catholic bishops conclude a monthlong synod in Rome, reaffirming the policy of celibacy for priests. The possibility of easing the church's opposition to married priests came up as a way to help overcome a shortage of clerics in some dioceses.

1997 The Dow Jones industrial average tumbles 554.26 points, forcing the stock market to shut down for the first time since the 1981 assassination attempt on

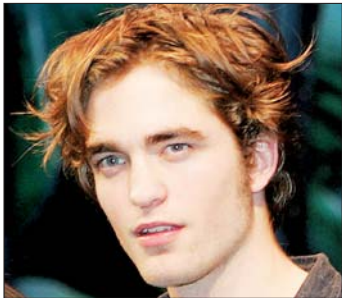


A trader reacts to NYSE numbers minutes before trading was halted in 1997.

President Ronald Reagan.

2007 Astronauts add a new room to the international space station, attaching a bus-sized living compartment named Harmony with the help of spacewalkers working outside and robot arm operators working inside.

lookout people

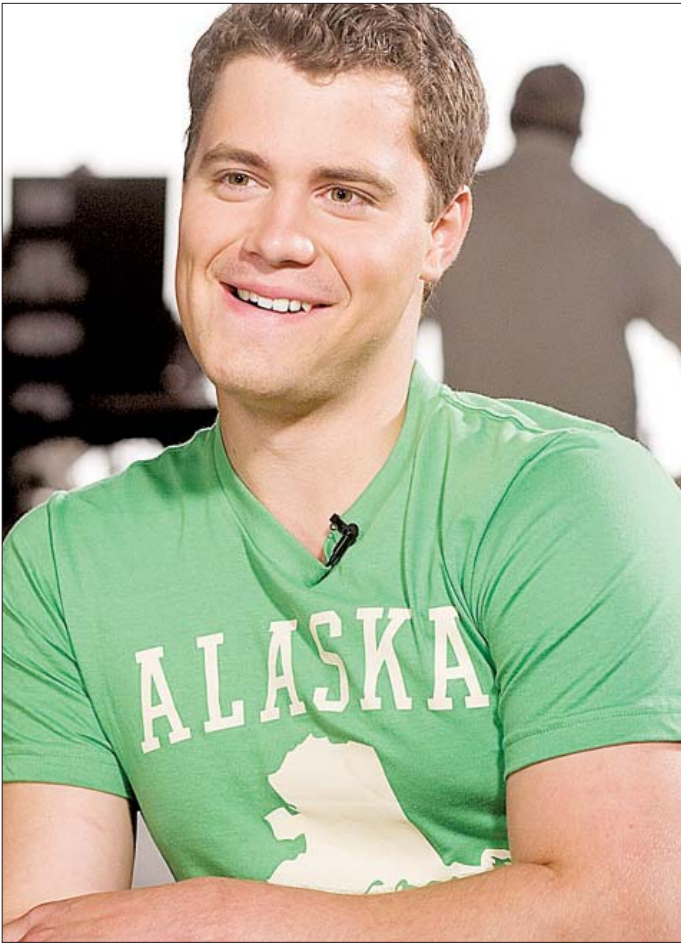


Robert's hair evokes day rooms and Thorazine, not smoldering sexuality.

GOSSIP MILL
Robert Pattinson-Anne Curry Rumors to Circulate
"New Moon" stars **ROBERT PATTINSON**, Kristen Stewart and Taylor Lautner will each appear on NBC's "Today" show for three days in a row, People.com reported. The "Twilight" extravaganza begins on Nov. 18 with Pattinson, followed by Stewart and Lautner. (EXPRESS)

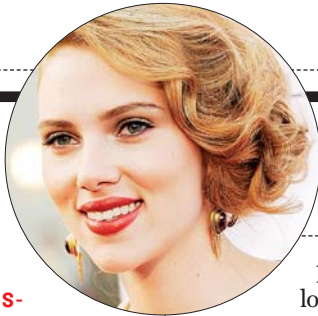
REALITY
For the Last Time, Peggy Olson Is Not a Real Person
"Mad Men" star **ELIZABETH MOSS** wed "Saturday Night Live's" **FRED ARMISEN** Sunday, People.com reported. The couple said their vows at the Foundry in Long Island City, N.Y. This is Armisen's second marriage and Moss' first. (EXPRESS)

expressnightout
Find the latest celebrity news and photo evidence of stars' sordid lives at WWW.EXPRESSNIGHTOUT.COM.



FULL-FRONTAL
Avert Your Eyes!
LEVI JOHNSTON's manager says he's 90 percent sure Johnston will bare it all in his Playgirl magazine shoot, the New York Post reported. "We're working out the actual details day by day and have come to a very happy conclusion, which we feel readers will be enthralled by," said a magazine rep. The photos will be shot in mid-November and will be out for the holidays. (EXPRESS)

MILESTONES
Starlet Ready For Requisite Broadway Dabbling
SCARLETT JOHANSSON will star opposite Liev Schreiber early next year in a Broadway revival of Arthur Miller's "A View From the Bridge." Producer Stuart Thompson says the production will open Jan. 24 at the Cort Theater. Previews begin Dec. 28. Schreiber will



You're not a Hollywood star if you don't slum it a bit.
portray a Brooklyn longshoreman who is obsessed with his 17-year-old niece, played by Johansson. The revival will be Johansson's Broadway debut. Schreiber won a Tony Award for his performance in the 2005 revival of David Mamet's "Glengarry Glen Ross." (AP)



This prenup is so ironclad it could survive a direct hit by a nuclear warhead.

UNIONS
Trump's Daughter Brings Fine Bride Price
IVANKA TRUMP, daughter of Donald and Ivana Trump, married **JARED KUSHNER** at Trump National Golf Club in Bedminster, N.J., Sunday. Trump, 27, is the co-host of "Celebrity Apprentice" and a vice president at her father's real estate company. Kushner, 28, is publisher of the New York Observer. (AP)

SPORTS
Live Music = Certain Victory
The New York Yankees have been blasting **JAY-Z**'s "Empire State of Mind" during their playoff run. Now, the team is having the rap king perform the song live to kick off game 1 of the World Series. Jay-Z and Alicia Keys are set to perform the hit on Wednesday as the Yankees take on the defending champion Philadelphia Phillies. (AP)



express

→

automobile dealers

more cars on the net

@washingtonpost.com

Dodge

LUSTINE DODGE

WOODBRIDGE, VA 1-800-879-4701
14211 JEFFERSON DAVIS HWY. LUSTINEONLINE.COM

HONDA

SHEEHY HONDA

ALEXANDRIA, VA 703-660-0100
7434 RICHMOND HWY WWW.SHEEHYHONDA.COM

LEXUS

LEXUS OF SILVER SPRING

SILVER SPRING, MD 1-800-266-4874
2505 PROSPERITY LEXUSOF SILVERSPRING.COM

SCION

355 TOYOTA/SCION

ROCKVILLE, MD 301-309-3917
15625 FREDERICK ROAD WWW.DARCARS.COM

VOLVO

DARCARS 355 VOLVO

ROCKVILLE, MD 301-309-3900
15401 FREDERICK ROAD WWW.DARCARS.COM

Ford

CASTLE FORD

SILVER SPRING, MD 1-866-369-9999
3111 AUTOMOBILE BLVD WWW.TRYCRYSTAL.COM

HYUNDAI

BROWN'S MANASSAS HYUNDAI

MANASSAS, VA 703-361-9600
8651 CENTREVILLE ROAD MANASSASHYUNDAI.COM

NISSAN

DARCARS NISSAN

ROCKVILLE, MD 301-309-2200
15911 INDIANOLA DRIVE WWW.DARCARS.COM

TOYOTA

355 TOYOTA

ROCKVILLE, MD 301-309-3917
15625 FREDERICK ROAD WWW.DARCARS.COM

TOYOTA

KAY JENNINGS SPRINGFIELD TOYOTA

SPRINGFIELD, VA 703-451-0300
6570 AMHERST AVE. SPRINGFIELDTOYOTA.COM

TOYOTA

KOONS TYSONS TOYOTA

VIENNA, VA 1-888-505-1137
8610 LEESBURG PIKE WWW.KOONS.COM

Ford

KOONS STERLING FORD

STERLING, VA 1-888-342-7300
46869 HARRY BYRD HIGHWAY WWW.KOONS.COM

Ford

OURISMAN WORLD OF FORD

ALEXANDRIA, VA 703-660-9000
6129 RICHMOND HIGHWAY OURISMANFORD.COM

MOTOR

BUSQUE SU AUTO NUEVO CON NOSOTROS

703-527-7860

USED CARS

MOORE LUXURY CARS

VIENNA, VA 703-790-0950
8595 LEESBURG PIKE MOORELUXURYCARS.COM

puzzles lookout

CROSSWORD | A ROOMY PUZZLE

ACROSS

1 "... tree falls in the forest and ____"

6 Base of a plant stem

10 Call partner?

14 Tycoon John Jacob

15 Atlas datum

16 Hand lotion ingredient

17 "That's ____ nonsense!"

18 Predatory insect

20 Career impediment

22 Cut with an ax

23 "____ a bird ..."

24 Island nation southeast of Fiji

28 They run on tracks

31 Fragrant

33 Corrupt

36 "Benevolent" fellow

37 Symbol of the Cold War

41 Astonishment

42 One-time Purina partner

43 Mailer and Rockwell

46 Blind singer

Bocelli

50 Analyze ore

51 Play Romeo

53 "The Lord of the Rings" monster

54 Begin lecturing

59 The Trojans' undoing?

62 Surpass in performance

63 Disdainful grimace

64 Beats a hasty retreat

65 Looks at

DOWN

1 Worthless failure

2 Horse farm hand

3 Capital up north

4 "Nay" and "uh-uh"

5 Bobbles at Fenway

6 Military academy enrollee

7 White-flowered iris

8 True and actual

9 Christmas kings

10 City on the Penobscot

11 Busy December worker

12 Subordinate of a gen.

13 A minor, e.g.

19 Aware of

21 Rain-storage tank

25 "Away in a Manger," for one

26 Aquatic bird

27 "... what you can do for your country"

29 "____ seen enough!"

30 Fountain pen's tip

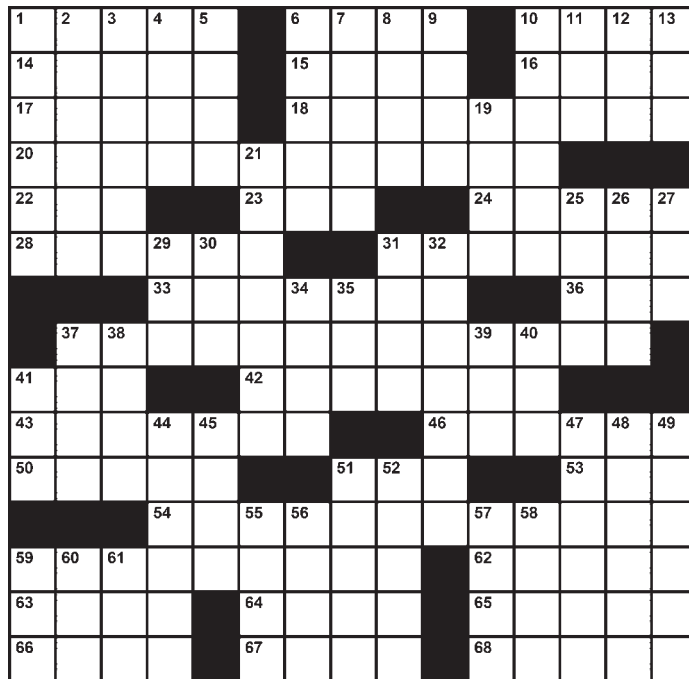
31 American soul singer Redding

32 Having toothlike projections

34 Certain untaxed funds

35 ____ in a day's work

37 "____ company,



EDITED BY TIMOTHY E. PARKER

three's a ...

38 Bride's towel

word

39 Earned the crown

40 Word in the

name of many duos

41 Trailer for

Santa?

44 Dull finishes

45 Indian nanny

47 Dig like a pig

48 Wore away

49 Crossword

heading

51 Baffled, befogged

and befuddled

52 Game of kings

and queens?

55 '80-'90s

German chancellor

56 "... fifteen miles

on the ____ Canal"

57 Famine relief

58 Race down a

chute

59 It's eight hrs.

later than PST

60 "Pay you next

time!"

61 Disneyland

promise

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9.

See www.sudoku.com for solution, tips and computer program.

Need more Su/do/ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

9	3	7	2	6	4	8	1	5
5	6	4	1	9	8	7	3	2
8	1	2	5	7	3	6	4	9
4	8	9	7	2	6	3	5	1
7	2	6	3	1	5	9	8	4
3	5	1	8	4	9	2	6	7
1	7	3	6	5	2	4	9	8
2	9	8	4	3	1	5	7	6
6	4	5	9	8	7	1	2	3

1				4		8	2
		9					
			2			5	7
				2		5	4
	4		6		8		2
	2	6		1			
5	1			9			
					2		
7	8		3				9

© PUZZLES BY PAPPOCOM

Is your asthma difficult to control?



National Heart
Lung and Blood Institute
People Science Health

Participate in a study at NIH.

Call 1-800-411-1222

Se habla español

TTY: 1-866-411-1010

National Institutes of Health, Department of Health and Human Services

MARYMOUNT UNIVERSITY

Master of Science in
Health Promotion Management



Interested in a career that promotes
healthy lifestyles?

MU's program prepares skilled health educators and
health promotion specialists.

- Learn to develop programs in behavior change, fitness assessment, exercise, nutrition, and stress management.
- Benefit from a respected program that incorporates the professional standards necessary to prepare for the Certified Public Health Specialist exam.
- Prepare for a rewarding career in settings like hospitals, corporations, nonprofits, HMOs, and health clubs.



MARYMOUNT
UNIVERSITY

Attend an Information Session.

Wednesday, October 28 • 7 p.m.

MU's Ballston Center, 1000 N. Glebe Rd.

RSVP: (703) 284-5902, or visit

www.marymount.edu

WeekendPass makes the weekend pulse.
Every Thursday in Express.



52X13

express

PUBLISHER—CHRISTOPHER MA | GENERAL MANAGER—ARNIE APPLEBAUM | EDITOR—DAN CACCABARO | WEB SITE EDITOR—GREG BARBER
ART DIRECTOR—SCOTT MCCARTHY | ASSISTANT MANAGING EDITORS—HOLLY J. MORRIS, MATT SWENSON | ARTS EDITOR—ARION BERGER
FEATURES EDITOR—JENNIFER BARGER | SECTION EDITORS—KATIE ABERBACH, KRIS CORONADO, KARMAH ELMUSA, VICKY HALLETT,

BETSY LOWTHER, CHRISTOPHER PORTER, DUSTIN WEAVER, DARONA WILLIAMS, CLINTON YATES, FIONA ZUBLIN | ASSISTANT ART DIRECTOR—ALYCE JONES | EDITORIAL
DESIGN—MARCIA HARDER, ERNIE SMITH | COPY CHIEF—AIMEE GOODWIN | PRODUCTION SUPERVISOR—MATTHEW LIDDI | PHOTOGRAPHER—MARGE ELY
PUBLISHED BY EXPRESS PUBLICATIONS LLC, 1150 15TH ST NW, WASHINGTON, DC 20071 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY
TEL: 202-334-6800 | FAX: 202-334-9777 | CIRCULATION: 202-334-6992 | ADVERTISING: 202-334-6732 OR ADS@READEXPRESS.COM | CLASSIFIEDS: 202-334-6200

DO YOU HAVE THE **COURAGE** TO ACT IN UNCERTAINTY?

Join Kogod faculty, students and admissions staff at an upcoming graduate information session. Learn more about AU's full-time and part-time MBA programs, MS degrees in accounting, taxation, finance, and real estate, dual degrees and graduate certificates.

BE READY. BE RELEVANT. **BE PART OF THE SOLUTION.**



RSVP for a Graduate Information Session today.



SATURDAY
Open House
Main Campus



MONDAY
Info Session
Clyde's in Chinatown



WEDNESDAY
Open House
Main Campus

RSVP TODAY AT 

KOGOD.AMERICAN.EDU/CERTAIN